

A SYSTEM OF CAUCASIAN YOGA



A FACSIMILE OF THE MANUSCRIPT BY
COUNT STEFAN WALEWSKI

A SYSTEM
OF
CAUCASIAN YOGA



A Facsimile of The Manuscript By
Count Stefan Colonna Walewski

A SYSTEM
OF
CRUCASIAN YOGA

As Orally Received
By
Count Stefan Colonna Walewski

A Manuscript Facsimile
With Over 150 Diagrams
And Illustrations By The
Author



KEY TO MASTERY

S

∴ I AM ON THIS EARTH
TO RECLAIM THE EARTH..
TO TURN THE DESERTS INTO PARADISE
A PARADISE MOST SUITABLE
TO GOD AND HIS ASSOCIATES
TO DWELL THEREIN. ∴

∴ 39972WY · 7W · WUNW99 ∴

∴ YAT-HA-AHU-VAIRLO ∴

∴ THE WILL OF THE LORD IS
THE LAW OF RIGHTEOUSNESS ∴

-MASTERY-

YOU MUST

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 AS ABOVE SO BELOW, AS BELOW SO ABOVE.
 INVOCING THE ELEMENTALS INVOKE
 THE ESSENCE OUT YOURSELF AND LET IT
 GROW OUTSIDE.



INTRODUCTION

IT WAS SAID 2000 YEARS AGO, THAT
THERE IS NOTHING HIDDEN THAT WOULD
NOT BE REVEALED.

IN THIS KEY IS GIVEN SIMPLIFIED,
CONDENSED, AND CORRECT MANNER,
HOW TO MASTER, HOW TO SOLVE EVERY
PROBLEM, ANSWER EVERY QUESTION,
IN EVERY ^{FASE} DEPARTMENT OF LIFE - IN
PHYSICAL, MENTAL, SPIRITUAL AND
PSYCHIC PLANES.

IT IS THE KEY TO MEET EVERY SITUATION
BY APPLYING THE CONSCIOUSLY DEVELOPED

- 1) CAREFUL OBSERVATION.
- 2) CORRECT INTERPRETATION
- 3) PRACTICAL APPLICATION.

TO KNOW THYSELF - IS TO GO INSIDE
OF ONES ENTITY AND TO WATCH
STUDY AND APPLY.

INDICATOR OF ENTITY IS -
I - I AM - SOUL

I THINK ; }
I FEEL ; } ATTRIBUTES.
I WILL ; }

INDICATOR OF THINKING, FEELING
AND WILLING IS THE BREATH.

A BEING IS BORN TO THIS WORLD HAVING AS BASIC RHYTHM, - BREATH OF THE MOTHER AT TIME OF THE CONCEPTION. THIS IS CALLED THE MOTHER'S BREATH AND WITHIN ITS VIBRATION ARE HIDDEN THE DESTINY AND FATE OF EVERY INDIVIDUAL.

PRODUCE THE CAUSES, AND THE EFFECTS WILL FOLLOW.

STATE OF MASTERSHIP IS TO BE AT ALL TIMES CONSCIOUSLY IN POSITIVE RECEPATIVE ATTITUDE, OPEN TO ALL POSITIVE POWERS TO FLOW AND EXPRESS THRU YOU.

AND TO DIRECT THEM IN THE PROPER CHANNELS WHICH WILL BE ILLUMINATED AND EXPRESS GOOD THOUGHT, GOOD WORD, AND GOOD WILL.

TITANIC POWER - GAYA - LHAMA - IS EVERYWHERE, AND ALWAYS SEEKING ENTRANCE INTO HUMAN BEING TO EXPRESS HIMSELF THRU IT TO BE RECEPATIVE TO THE HARMONIUS FLOW OF THIS POWER - IS TO ESTABLISH MASTER RHYTHM IN THE HUMAN BEING AND RELYING ON THE MOTHER'S IMPRESSION OF ADVERSE SURROUNDINGS, COINCIDENCES

AND INFLUENCES AT THE TIME OF CONCEPTION

BREATH IS LIFE.
FLOWING THRU THE NOSTRILS, BREATH
SHADES ITSELF THREE WAYS.
WHEN COMING THRU THE RIGHT NOSTRIL
IT IS CREATIVE ELECTRIC BREATH AND
IT IS FEEDING THE VASO MOTOR SYSTEM,
SO CALLED PINGALA. - NAME OF THIS
BREATH IS SUN BREATH ^{BREATH OF WARRIOR} READY TO FIGHT.

COMING THRU THE LEFT NOSTRIL,
IT IS REGULATING AND MOTHERING
PRINCIPLE - MAGNETIC - IT IS FEEDING
THE SYMPATHETIC NERVOUS SYSTEM
SO CALLED - IDA - NAME OF THIS
BREATH IS - MOON BREATH.
^{BREATH OF THE SAGE READY TO ABSORB WISDOM.}

COMING EVENLY THRU BOTH NOS-
TRILS IT IS BALANCING = PRESER-
VING OR DESTROYING. IT IS CALLED
SHUSHUMNA BREATH.

NORMALLY THE BREATH IS CHAN-
GING ABOUT EVERY HOUR -
SUN BREATH - NEUTRAL IS SHUSHU-
MNA BREATH AND MOON BREATH.
TWO POSTURES CREATE SUN
OR MOON BREATH IN 3 (THREE)
MINUTES. -

FOR THE SUN BREATH: LAY DOWN
ON THE LEFT SIDE, AND REST YOUR

HEAD ON THE LEFT HAND, THUMB OF WHICH SHOULD BE TOUCHING THE CAVITY UNDER LEFT EAR, REST OF THE FINGERS COVERING THE FORE HEAD
RIGHT ARM IS BENT UNDER STRAIGHT ANGEL, WITH THE HAND RESTING ON EARTH WITH THUMB POINTING IN THE ASSYRIAN MANNER.

HEEL OF THE RIGHT FOOT LAY ON THE KNEE, JOINT OF THE LEFT LEG HELD STRAIGHT. BY THIS POSTURE IT IS CHANGED IN THREE MINUTES.



SUN BREATH POSTURE
THE MOON BREATH IS THE SAME POSTURE REVERSED —

GAYA-LAMA - WHICH IS ENERGY CONTAINED IN THE SPACE, HAS 4 (FOUR) STATES OF VIBRATION WHICH CORRESPOND TO 4-(FOUR) COLORS AND WHICH BEING ASSIMILATED FROM THE AIR. HAVE CENTERS IN THE HUMAN BODY AND VIVIFY THEM.

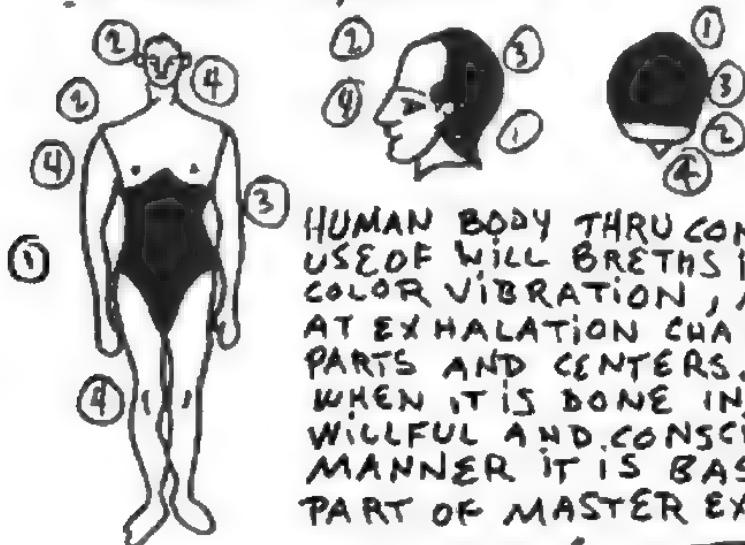
THOSE VIBRATIONS ARE CORRESPONDING TO FOURFOLD FUNCTIONS OF HUMAN ENTITY, AND ARE DEVELOPING THEM.

DEVELOPMENT OF HUMAN ENTITY IS
FOUR FOLD :-

- 1) PHYSICAL 3) SPIRITUAL
- 2) MENTAL 4) PSYCHIC

COLORS CORRESPONDING TO THOSE
FUNCTIONS ARE :-

- 1) RED - FOR THE PHYSICAL .
 - 2) YELLOW - FOR THE MENTAL .
 - 3) BLUE - FOR THE SPIRITUAL .
 - 4) WHITE - FOR THE PSYCHIC .
- PARTS OF THE BODY HOLDING THOSE VIBRATIONS ARE
- 1) LOWER STOMACH ; SEX & BACK OF THE HEAD
RED - PHYSICAL .
 - 2) UPPER CHEST ; FOREHEAD - YELLOW -
MENTAL [INTELLECT] .
 - 3) SOLAR PLEXUS [ABDOMEN] & TOP OF THE
HEAD - SPIRITUAL [VITAL ENERGY] BLUE .
 - 4) ARMS, HANDS, LEGS, FEET & FACE -
WHITE - PSYCHIC . [FOR WHITE RACE] .



HUMAN BODY THRU CONSCIOUS
USE OF WILL BREATHS IN THE
COLOR VIBRATION , AND
AT EXHALATION CHARGES
PARTS AND CENTERS .
WHEN IT IS DONE IN THIS
WILLFUL AND CONSCIOUS
MANNER IT IS BASIC .
PART OF MASTER EXERCISE

THE SEVEN MASTER ARCANAS

MASTER ARCANAS. GREATER MYSTERIES. GENERAL POINTS

A MASTER BREATH IS 7 SECONDS INHALATION - 7 SEC. EXHALATION AND 1 SECOND STOP OR HOLD AT EACH END / 16

THE MASTER RHYTHM IS .7 SECONDS. THIS CORRESPOND TO THE RHYTHM OF THE HEART CENTER (ESOTERIC) OF THE EARTH - + (PLUS) (WITH THE PAUSE OF 1 SECOND) (+).

THE EYES ARE TO BE RELAXED AS TO MUSCULAR STRUCTURE AND MUST NOT BE FULLY CHARGED WITH POWER FROM WITHIN. IN MASTER EXERCISES THE EYES MUST PLAY (HANG) ON THE SUN, MOON, BEFORE THEY CROSS THE MERIDIAN, STAR LIGHT, OR A SPOT.

SPOT USED AS EXERCISE POINT MUST BE ON WHITE BACKGROUND AND CAN BE FOR GENERAL PURPOSES BLACK ON WHICH THE CHARGING COLORS SHOULD BE IMAGINED MENTALLY. SIZE HAVE TO BE ABOUT LIKE 1 CENT.

THE LIGHT OR SHINE, RADIATION AND EMANATION OR REFLECTION OF EACH OF HEAVENLY BODIES IS CALLED - SUN SHINE, MOON SHINE, STARSHINE ETC. . .

EYES ABSORB OR EMANATE AMONG OTHERS THE N OR LOVE RAYS, AND THAT WITH THEM ARE THE INDEX OF THE SOUL - SENDING OUT LOVE, WILL AND THOUGHT.

MASTER THOUGHT IS THE OPPOSITE OF SLAVE THOUGHT AS IS

MASTER WILL AND FEELING, AND WE MUST MSTER OUR THOUGHT, OUR WILL, AND OUR FEELINGS. - BY RELAXATION IN POSITIVE ATTITUDE; RELAXED BODY, BUT ALERT AND WATCHFUL THOUGHT, WILL AND FEELING, SO WE ATTAIN TO, RADIO-AUDIO RECEPTION AND TRANSMISSION AT ONE AND THE SAME TIME. AS MASTERS WE ARE THE TRANSMITTER AND THE RECEIVER! THE ECLESIS, SYNTHESIS AND ANALYSIS:- THE FILLER, THINKER AND WILLER.

HERTZ WAVES ARE THOUGHT WAVES OF THE GEOID ENTITY THE EARTH SOUL-ARMAITI - WHOSE AURA WE BLEND WITH OUR OWN IN THE SIXTH (6th) MASTER ARCANE. EXERCISE) . . .

WHEN CONCENTRATING, MEDITATING RECEIVING OR SENDING ENERGY, THOUGHT MASTER ALWAYS, FACES DIRECTION IN WHICH SUN IS SITUATED AT GIVEN MOMENT. EAST IN THE MORNING, SOUTH AT NOON, WEST AT SUNSET, AND NORTH AT MIDNIGHT. UNLESS THERE IS A SPECIAL NEED OF MOON POWER FOR ASTRAL, OR SPECIFIC POWERS OF DIFFERENT PLANETS OR STARS.-ACCORDING TO THEIR MAGICAL PROPERTIES.

I-FIRSTMASTER ARCANE. |EXERCISE

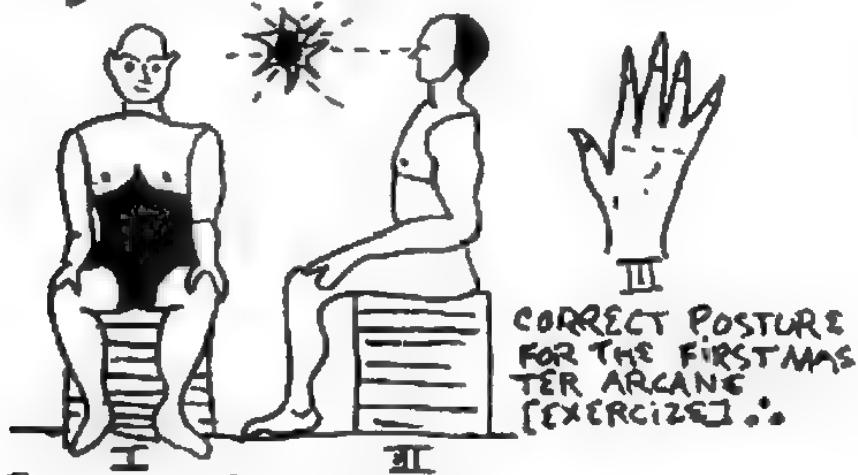
SIT ON A CHAIR - SPINE ERECT, NECK STRAIGHT, HEAD UP, CHIN IN, EYES, LEVEL - FIXED ON SUN, OR SPOT WHICH SHOULD BE ON THE LEVEL WITH THE EYES AND ABOUT FROM THREE (3) TO SEVEN FEET AWAY ON A VERTICAL WALL OR STAND - REMEMBER LEVELS OR HORIZONTALS, VERTICALS OR PERPENDICULARS, AND DIAGONALS, ANGLES, STANDICULARS.

NOTE WHETHER IN SUN OR MOON BREATH, SUN - RIGHT NOSTRIL IS HEATING AND ELECTRICAL. MOON - LEFT NOSTRIL IS COOLING AND MAGNETIC.:

RELAX ALL THE MUSCLES, BUT THOSE THAT KEEP BACK AND NECK STRAIGHT. REST THE HANDS WITH FINGERS SLIGHTLY SEPARATES FORMING V₂ ON THIGHS, INDEX FINGERS AT KNEE POINT AND THUMBS CIRCLING TO THE INSIDE OF THE KNEES.

HEELS FROM (3) THREE TO SIX (6) INCHES APART FEET OPENEN TO FORM V, AND ALSO SHINS AND THIGS. LIFE ATTRACTS LIFE, SYMBOL V HAS CONCENTRATING POWER AND SOUNDS V AND (F) AND (PH) HAVE DIRECT MANTRIK INVOKING POWER TO ATTRACT, INCREASE AND PROLONG -

KEEP YOUR THOUGHT FIXED ON GAYA-LHAMA - [GA-EL-LHA-MAH] THE CENTRALIZING PRINCIPLE OF LIFE, WHICH IS ONLY APPROPRIATED BY LOVING OF (AND SO ATTRACTING) THINKING OF AND WILLING IT. THIS ACT BY THOSE THREE POWERS FIXES THIS ENERGY IN THE PHYSICAL, INTELLIGENTIAL, SPIRITUAL AND PSYCHIC EQUATION. . .



I-FRONT ; II PROFILE ; III HAND. . .

[THE POSTURE IS THE SAME IN EGYPTIAN RITUAL - ONLY IN EXOTERIC DOCTRINE IT WAS SHOWN WITH LIMBS BROUGHT TOGETHER, WITHOUT SHOWING THE STATE OF RELAXATION PERTAINING TO ESOTERIC DOCTRINE] -
" HAVING THE POSTURE PROPERLY TAKEN BREATH IN FOR SEVEN(7) SECONDS GAYALHAMA - OF RED COLOR PHYSICAL EXPANDING ABDOMEN; PAUSE ONE SECOND; THAN EXHALE THE BREATH

(410) FOR SEVEN (7) SECONDS, AT THE SAME TIME BY THOUGHT AND WILLING COLOUR - LOWER STOMACH, SEX AND BACK OF THE HEAD - RED PAUSE ONE SECOND, AND REPEAT SAME BREATH ON THE SAME COLOUR TWICE TO MAKE THREE BREATHS ON RED COLOUR .:

* THEN AFTER LAST PAUSE OF ONE SECOND PROCEED TO TAKE BREATH EXPANDING ONLY CHEST - ^{MENTAL} ON YELLOW COLOUR ; PAUSE 1 SECOND EXHALE FOR SEVEN SECONDS, FIXING BY THOUGHT AND WILLING YELLOW COLOR - CHEST AND FOREHEAD, PAUSE ONE SECOND AND REPEAT TO MAKE THREE BREATHS ON YEL LOW COLOUR .:

* AFTER LAST PAUSE OF ONE SEG-
OND PROCEED TO TAKE BREATH EXPANDING CHEST AND UPPER ABDOMEN - ON ^{SPIRITAL} BLUE COLOUR : PA-
USE ONE SECOND, EXHALE FOR SEVEN
SECONDS, FIXING BY THOUGHT AND
WILLING BLUE COLOUR - SOLAR PLEXU
(ABDOMEN, DIAPHRAGM)], PAUSE ONE SEC-
OND AND REPEAT TO MAKE THRE BREATHS
ON BLUE COLOUR .:

* AFTER LAST PAUSE OF ONE SECOND PROCEED TO TAKE BREATH EXPANDING LIKE IN RED BREATH - CHEST, DIAPHRAGM AND ABDOMEN - ON WHITE COLOUR ^{PSYCH}

PAUSE ONE SECOND, EXHALE FOR SEVEN
SECONDS - FIXING BY THOUGHT AND
WILLING WHITE COLOUR - ARMS, HANDS
LEGS, FEET AND FACE. PAUSE ONE SE-
COND AND REPEAT SAME BREATH TO
MAKE THREE BREATHS ON WHITE COLOUR.

• FULL BREATH WILL CONSIST OF
ONE INHALATION OF SEVEN - 7 SECONDS
ONE PAUSE OF ONE —— 1 SECOND
ONE EXHALATION OF SEVEN - 7 SECONDS
ONE PAUSE OF ONE —— 1 SECOND

SUM ONE BREATH SIXTEEN 16 SECONDS
• TAKING THREE BREATHS FOR
EVERY DEVELOPMENT SUM IS:

• 3 BREATHS ON RED (PHYSICAL)	<u>16 SEC</u> 48 SEC
3 BREATHS ON YELLOW (MENTAL)	48 SEC
3 BREATHS ON BLUE (SPIRITUAL)	48 SEC
<u>3 BREATHS ON WHITE (PSYCHIC)</u>	<u>48 SEC</u>

12 BREATHS 192 SEC.

ONE HUNDRED AND NINETY TWO SE-
CONDS, - OR THREE MINUTES AND
TWELVE SECONDS 3' 12".

WHICH COMPRISSES A FULL MASTER EXERCISE OF TWELVE
BREATHS IN 3 MINUTES AND
12 SECONDS. • •

NOTE: BEFORE STARTING ON ANY
OF THE MASTER ARCANES (EXERCISES)
FIRST EXHALE ALL BREATH USING

SECOND, THEN BEGIN AGAIN TWO (2) MORE BREATHS ON RED [PHYSICAL] FOLLOW WITH THREE (3) BREATHS ON YELLOW [INTELLECTUAL]; THREE (3) BREATHS ON BLUE (SPIRITUAL), AND THREE (3) BREATHS ON WHITE (PSYCHIC) USING SAME EXPANSIONS AS DESCRIBED IN FIRST MASTER ARCANE. •• TWELVE (12) BREATHS WILL CONSTITUTE SECOND MASTER ARCANE •• 3 MINUTES 12 SECONDS ••

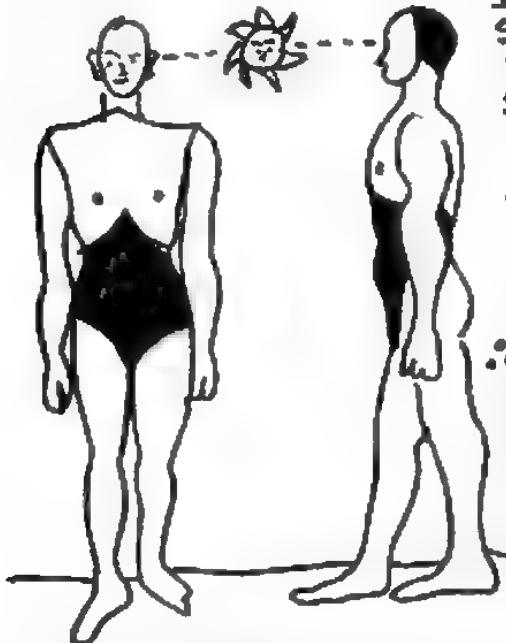


ILLUSTRATION SHOWS POSTURE FIRST OF THE SECOND EXERCISE. SECOND POSTURE WILL BE ON RISEN TOES. [THE SAME POSTURE IS IN EGYPTIAN RITUAL] •• WHICH FOOT TO PUT FORWARD DEPENDS ON THE BREATH. IN SUN BREATH RIGHT FOOT, IN MOON - THE LEFT. ••

SECOND MASTER ARCANE TEACHES US HOW TO FACE FRIENDS AND ENEMIES. HOW TO DEFEND AND AGRESS. IT DEVELOPES CLAIRAUDIENCE AND HAR-

MONY.

•• NOTE: BATHE FEET WITH SOAP AND WATER, OR USE ALCOHOL RUB. COLD WATER IS USED FOR MAGNETIC SHOCK AND HOT FOR ELECTRIC [AMPERAGE].

WADING IN RIVERS, BROOKS OR EVEN TUB, DEWY GRASS OR SEA IS MAGNETIC. WALKING ON DUSTY ROADS, SAND, EARTH IS ELECTRIC. ••

DRY FEET WELL; AND RUB THEM WELL WITH HANDS; THAN USE SOME OIL— [SWEET ALMOND OIL; COCONUT OR COCOA BUTTER, CRUDE OIL AND KEROSENE ARE GOOD ALSO. NEWER USE ANIMAL OIDS OTHER THAN LANOLIN [FROM SHEEPS WOOL] OR BUTTER. ••

TAKE SPECIAL CARE, TO KEEP GREAT TOE IN GOOD CONDITION, MASAGE IT THOROUGHLY AND STRETCH AND PULL WITH HANDS TO PREVENT NUMBNESS FROM SETTING IN IT AND KEEP IT RESPONSIVE AND ALIVE.

GREAT TOE IS CONNECTED WITH HEARING [AUDITORY-NERVE] AND COORDINATES HARMONY, AND RHYTHM IN THE BODY.

[EXERCISE OF
PULLING THE
GREAT TOES.

LEGS SHOULD
BE STRAIGHT
AND SO THE
ARMS.]



CLOTHE FEET IN SILK (FIRST CHOICE), LINEN

OR WOOL, OR COTTON AND DRAW STOCKINGS OR SOCKS ON OVER CLOTH.
∴ CHANGE FOOT CLOTHS WHENEVER FEET ARE MOIST AND COLD, THIS PREVENTS COLDS, COUGHS, AND AFFECTIONS OF EARS, EYES AND THROAT, AS WELL AS MANY RHEUMATIC CONDITION, TO A GREAT EXTENT.

-
- III** THIRD MASTER ARCANE [EXERCISE]
SIT ON A CHAIR - SPINE ERECT NECK STRAIGHT, HEAD UP - AS IN FIRST MASTER ARCANE [EXERCISE]. HAVE ONE SPOT FIXED LEVEL WITH THE EYES [OR USE SUN, MOON ETC.] AND THE OTHER THREE (3) TO FOUR (4) FEET DISTANT ON THE EARTH (FLAT ON IT) OR ON THE FLOOR. NOTE WHETHER IN THE SUN OR MOON BREATH.
RELAX ALL THE MUSCLES, BUT THOSE THAT
• KEEP BACK AND NECK STRAIGHT, REST THE HANDS WITH FINGERS SLIGHTLY SEPARATED - FORMING V'S ON THIGHS; INDEX FINGERS AT KNEE POINT AND THUMB ENCIRCLING TOWARD INSIDE OF THE KNEES.
• HEELS FROM THREE TO SIX INCHES APART FEET OPEN TO FORM V; AND ALSO SHINS AND THIGHS. HAVING ^{HALF A LINE} TAKEN START RHYTMICALLY BEND FORWARD, KEEPING SPINE AND NECK IN LINE, SHIFT EYES TO THE GROUND (FLOOR) SPOT; INHALING FOR SEVEN

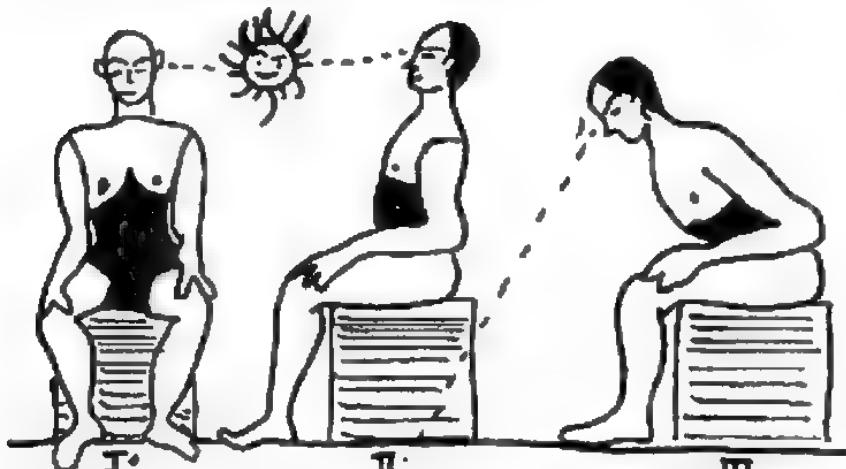
SECONDS EXPANDING ABDOMEN, AND TAKING IN RED GAYA-LHAMA (PHYSICAL) WHILE INHALING CONCENTRATE ON LIFE PRINCIPLE AND MENTALLY SAY: "BREATH IS LIFE", HOLD ONE (1)

SECOND WHEN RIBS TOUCH THIGHS AND MENTALLY SAY.. "BREATH IS LIFE"; FIXING PRINCIPLE OF LIFE BY AFFIRMING; ∴ EXHALE FOR SEVEN (7) SECONDS; RISING ERECT TO ORIGINAL STARTING POSTURE; CHARGING LOWER ABDOMEN AND BACK OF THE HEAD-RED-MENTALLY SAYING: "BREATH IS LIFE" REALIZING AND AFFIXING PRINCIPLE OF LIFE.

WHEN EXHALING AND RISING SHIPS EYES TO HORIZONTAL SPOT OR CENTER. ∴ THEN AFTER PAUSE FOR ONE (1) SECOND BEGIN AGAIN TWO MORE BREATHS ON RED(PHYSICAL) FOLLOW WITH THREE BREATHS ON YELLOW(INTELLECTUAL); PROCEED WITH THREE BREATHS ON BLUE(SPIRITUAL) AND CLOSE WITH THREE BREATHS ON WHITE(PSYCHIC) USING EXPANSIONS AS DESCRIBED IN FIRST MASTER ARCANE. TWELVE BREATHS-ONE MASTER EXERCISE-TIME THREE MINUTES TWELVE SECONDS.

GENERAL NOTE: WITH ALL THE MASTER ARCANES, ALWAYS NOTE IN WHAT

BREATH YOU ARE WHEN BENNING EXERCISES (AND WATCH TO HAVE EVEN NUMBER OF EXERCISES ON EVERY BREATH, i.e. IF IN THE MORNING YOU WERE DOING EXERCISES WHILE IN SUN (RIGHT NOSTRIL) BREATH, MAKE THE EXERCISES IN THE AFTERNOON OR WHEN MAKING THEM NEXT TIME PAY ATTENTION TO BE IN THE MOON (LEFT NOSTRIL) BREATH. . . .



- I. FRONT VIEW OF BREATH EXERCISE (BEGINNING THE INHALATION AND END OF EXHALATION).
- II. SAME AS ABOVE (PROFILE). " " " "
- III. PROFILE VIEW AT THE END OF INHALATION AND BEGINNING EXHALATION
∴ THOUGHT FIXED ON GAYALHAMAT[GA-EL-LHA-MA] EYES ON HORIZONTAL SPOT AND ON EARTH (FLOOR) SPOT; THIS THIRD MASTER ARCANE DEVELOPES GOOD TASTE AND JUDGEMENT OF DISTANCE HOLDING THE CONSTANT ATTRACTION OF GREAT CENTRALISING PRINCIPLE
"I AM BREATHING LIFE IN ON

MY BREATH - AND FORMING A FIELD
OF MAGNETIC FORCE AROUND ME,
MY MAGNETIC FIELD OR AURA"

IV FOURTH MASTER ARCANE [EXERCISE
STAND ERECT - SPINE AND NECK STRA-
IGHT - FEET EIGHTEN TO TWENTY FOUR
INCHES APART. RISE HAND ABOVE EYES
(ABOUT 18" FROM THE EYES) PALM TOWARD
YOU, KEEP EYES ON SPOT (LEVEL WITH
EYES), SUN OR MOON THOUGHT AND
WILL FIXED ON GA-EL-LHA-MAH.
NOTE IN WHAT BREATH YOU ARE.
EXHALE ALL RESIDUAL AIR FROM THE
LUNGS USING MUSCLES OF THE ABDOMI-
NAL DIAPHRAGMATIC AND CHEST SECTIONS.
• NOW, ROTATE ARM RAPIDLY, ONE
REVOLUTION A SECOND. [NOTE: EXERCISE
SHOULD ALWAYS STARTED WITH THE ARM
ON THE SIDE IN WHICH BREATH IS FLO-
WING, AND ROTATION SHOULD BE MADE
TOWARD THE BODY ("CUTTING OF VISION
EVERY CIRCLE.). BREATH IN RED GA-S
YALHAMA FOR SEVEN SECONDS MAKING
SEVEN CIRCLES WITH ARM (USING
MOMENTUM); AFTER INHALATION
AND ROTATION LET THE ARM DROP
RELAXED (LIMP) TO THE SIDE, USING
TIME ONE SECOND PAUSE. RISE SAME
HAND AND ARM AGAIN AND EXHALING
FOR SEVEN SECONDS AND ROTATING
SEVEN TIMES - AT THE SAME TIME
CHARGE LOWER ABDOMEN AND BACK.

OF THE HEAD WITH RED-PHYSICAL.
AT THE END OF EXHALATION SLOWLY
LET THE ARM DROP AT ITS OWN MOMEN-
TUM TO THE SIDE.

PAUSE ONE SECOND.

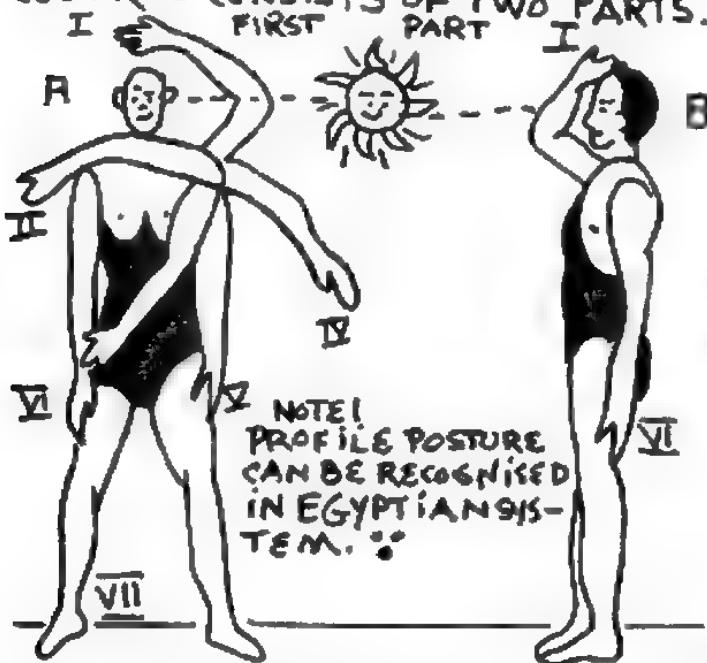
INHALING NOW RAISE ARM FULL
LENGTH OVER SHOULDER CLENCHING
HAND, TIME SEVEN SECONDS [BREATH
-RED-PHYSICAL]. TENSE AND SLIGHTLY
VIBRATE CLENCHED HAND.^{"150"} RAPIDLY
BEND AND STRIKE THE EARTH IN
FRONT OF THE FEET WITH FIST, LET-
TING GO THE MOMENT YOU STRIKE,
OF BREATH AND GRIP.

RAISE BODY ERECT THROWING THE
HAND AND ARM UP BACK, AND DOWN
THE SIDE WITH ROUND GRACEFUL MO-
TION, MAKING TIME SEVEN SE-
CONDS MOTION AND EXHALATION,
CHARGING RED TO THE LOWER
ABDOMEN AND BACK OF THE HEAD.

PAUSE ONE SECOND.

REPEAT BOTH PARTS OF EXERCISE
ON THE SAME COLOR (RED) IN OTHER
ARM. IN THIS MASTER ARCANE
YOU TAKE FOUR BREATHS ON A COLOR
(TWO ON THE BREATH AND TWO COMPLI-
MENTORY.) MAKING IN ALL SIX-
TEEN BREATHS (16) ON RED-PHY-
SICAL, FOUR(4) ON YELLOW-MENTAL
FOUR ON BLUE-SPIRITUAL. AND
FOUR ON WHITE-PSYCHIC.

SO THE FOURTH MASTER ARCANE (EXERCISE IN ITS EVERY DEVELOPEMENT COLOR - CONSISTS OF TWO PARTS.



ABOVE ILLUSTRATION SHOWS FIRST ^{PART OF} POSTURE OF THE FOURTH MASTER ARCANE. EXERCISE A-FRONT VIEW; B - PROFILE, ::

A-I-BEGINNING POSTURE POSITION B-I

A-I-II-III-IV-V : CIRCLE DESCRIBED IN ROTATING ARM.

A-VI-V - ARM DROPPING TO THE SIDE AFTER SEVEN ROTATIONS.

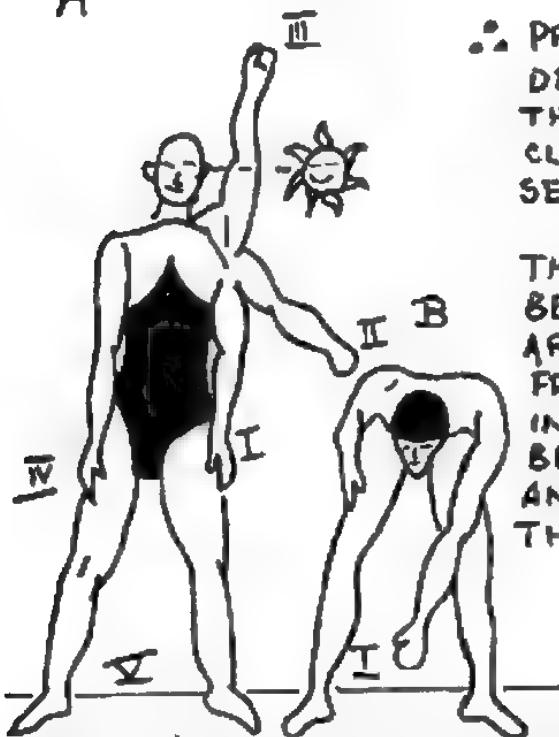
A-VII - ARM AND HAND NOT IN USE - (RELAXED). ::

A-VIII - FEET SPREAD. ::

NOTE: AFTER GOING THROUGH THE FIRST PART OF EXERCISE (ONE BREATH) PROCEED WITHOUT (BUT REGULAR) INTERMIDIATE

ONE SECOND (1S.)] STOP INTO THE SECOND PART OF THE EXERCISE SO AS TO KEEP EXERCISE AS A WHOLE :-
SECOND PART :-

A



∴ PROFILE IS NOT DRAWN BECAUSE THE FRONT VIEW CLEARLY EXPRESSES - THE EXERCISE

THIS PART ALWAYS BEGINS WITH THE ARM AND HAND FROM THE SIDE IN WHICH THE BREATH IS FLOWING AND THAN ON THE OTHER SIDE

FRONT VIEW OF THE SECOND PART OF THE FOURTH ARCANE (EXERCISE):
A-I-BEGINNING, A-II-A-III-INHALING AND LIFTING THE ARM-GRADUALLY TENSING THE GRIP.

FIGURE B : B-I-DURING ONE (1) SECOND PAUSE IN BREATH: BENDING FROM THE POSITION IN A-III THROUGH POSITION B-I-TO STRIKE THE EARTH (AT THE SAME TIME RELEASING THE BREATH AND GRIP, THAN WHILE

EXHALING STRAIGHTEN UP AND THUDUGI POSITION B-I BUT WITH GRIP RELAXED BRING ARM TO POSITION A-III THAN A-II- THAN FINALLY A-I. - TO START AFTER ONE SECOND (1) PAUSE AGAIN ON THE OTHER ARM AND HAND A-IV. THIS FOURTH MASTER ARCANE (EXERCISE) IS DEVELOPING THE COMMANDING WILL- AND ELECTRICITY STORING IT IN GANGLIAS OF THE BODY READY TO USE. :- . - . - . - . - .



FIFTH MASTER ARCANE [EXERCISE].

STAND ERECT, SPINE AND NECK STRAIGHT, FEET THREE TO SIX INCHES APART, SLIGHTLY BENT IN THE KNEES. RELAX ALL MUSCLES. NOTICE THE BREATH YOU ARE IN - SUN OR MOON. KEEP EYES ON SUN MOON OR THE SPOT. THOUGHT AND WILL FIXED ON GA-EL-LHA-MAH.

RAISE HANDS AND ARMS FROM THE BACK OVER HEAD TO FRONT, LEVEL WITH SHOULDERS.

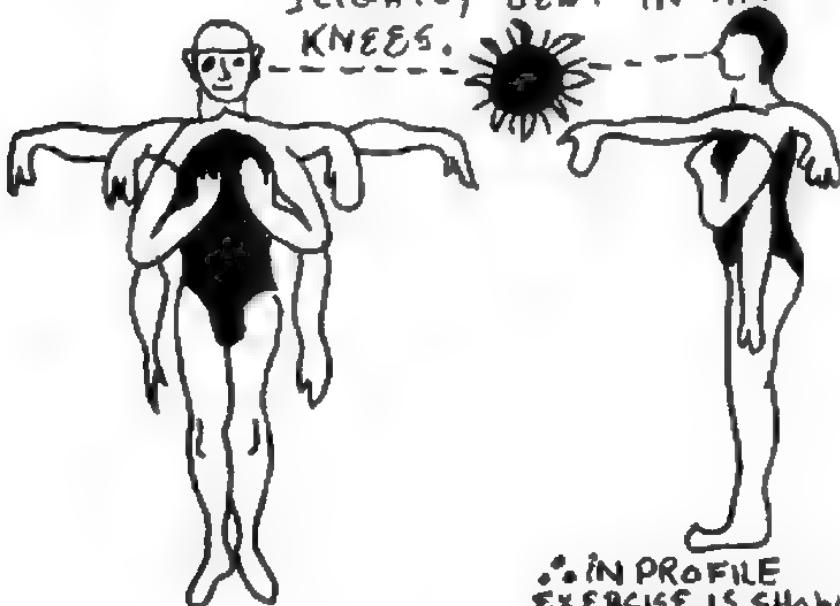
"FLOAT" ARMS ON AIR AS IF ABOUT TO FLY. HANDS LIMP FROM THE WRIST. EXHALE ALL RESIDUAL AIR FROM THE LUNGS, USING MUSCLES, OF THE ABDOMINAL DIAPHRAGMATIC AND CHEST SECTIONS, AND FIX YOUR THOUGHT ON COLOR RED-PHYSICAL."

∴ INHALE FOR SEVEN SECONDS AND TENSE ARM MUSCLES TOWRISTS ONLY, LEAVING THEM LIMP, EXPANDING FOR PHYSICAL - RED COLOUR LOWER ABDOMEN.
PAUSE ONE SECOND . ∴

EXHALE FOR SEVEN SECONDS RELAXING AND FOLDING ARMS ON BREAST, RIGHT HAND ON RIGHT BREAST, LEFT HAND ON LEFT BREAST, AT THE SAME TIME CHARGING LOWER ABDOMEN AND BACK OF THE HEAD WITH RED COLOUR PHYSICAL. DO IT ON EVERY COLOUR.

RED - PHYSICAL : YELLOW - MENTAL
BLUE - SPIRITUAL AND WHITE - PSYCHIC - THREE TIMES. (112 BREATHS.)

NOTE : LEGS HAVE TO BE SLIGHTLY BENT IN THE KNEES.



∴ IN PROFILE EXERCISE IS SHOWN WITH MOTION OF ONE ARM ONLY ∴

∴ NOW AGAIN EXTEND AND CIRCLE
HANDS ON LEVEL OF SHOULDERS TO
SIDES, TENSING MUSCLES OF ARMS
(HANDS LIMP), FOLD AND EXTEND
AGAIN AT SIDES E.T.C. ON EVERY
COLOUR (THREE TIMES.)
THEN AT THE LAST BREATH RETURN
TO THE FRONT-BUT SWING HANDS UP
FINGERS TOWARD EACH OTHER BUT
NOT TOUCHING; NOW DROP AND
EXHALE THROUGH MOUTH QUICKLY
SAYING HÂ AS IN HA HA , BUT
LONG SIGH LIKE BREATH, SWINGIN
ARMS LIMP AS THE LESSON GOES.∴

NOW TO EXPLAIN CORRECTLY
ON EVERY COLOR (PHYSICAL, MENTAL
SPIRITUAL AND PSYCHIC, THERE
ARE THREE BREATHS - TWO WITH
HANDS IN FRONT AND ONE WITH
HANDS ON THE SIDES. ALL TOGE
THER 12 TWELVE BREATHS

THIS FIFTH MASTER ARCANE IS
ONE WHICH GIVES CONTROL OVER
ATTRACTION OF THE EARTH. (WEIGHT)
ENABLING TO RAISE IN THE AIR,
FLY AND WALK ON WATER.∴



VI MASTER ARCANE [EXERCISE]

- 1) STAND ERECT (3) THREE FEET AWAY FROM THE BACK OF A CHAIR WITH STRAIGHT ROUND POLES IN THE BACK (UPRIGHT, VERTICAL), OR INSTEAD OF A CHAIR USE TWO STAFFS OF BAMBOO OR OTHER MATERIAL.—
- 2) HOLDING THE UPRIGHT POLES, KNEEL CLOSE TO THEM, (OR TO THE CHAIR) BY BALANCING ON BALLS OF THE FEET, AND BENDING BACK TO MAINTAIN BALANCE AS YOU KNEEL. [RELAX] AFTER KNEELING.
- 3) HOLD BACK OF THE CHAIR (OR ^{THE} POLES), GENTLY, AND EMPTY LUNGS.—THOROUGHLY, BUT GENTLY AND EASILY.
- 4) INHALE FOR SEVEN (7) SECONDS AND TIGHTEN GRIP AS YOU INHALE,
- 5) KEEP EYES FOCUSED ON THE SPOT—LEVEL WITH THEM ON THE WALL OR SCREEN WITHOUT STRAINING OR STARING, SHIFT EYES AROUND THE SPOTS' CIRCUMFERENCE, SIZE OF A PENNY.
⊕ [EXPLAINING LINE OF DECLINATION. NECK AND SPINE STRAIGHT BODY ERECT CHIN IN—ALL MUSCLES RELAXED. FEET STRAIGHT OR RIGHT ANGLE, OR HEELS]

OUT OR, [(FIRST) EXCITATION OF

FUNCTIONS BY RAPID PANTING-THEN
(SECOND)-BREATHE ALL AIR OUT USING
MUSCLES OF TRUNK, ABDOMEN AND
DIAPHRAGM TO DRIVE RESIDUAL AIR
OUT, AS MUCH AS POSSIBLE.

BREATH MAYBE SNIFFED, SOBBED,
OR WAVED IN, BUT-SIGHED OUT.-]

6) [REDACTED] NOW AFTER
INHALING HOLD BREATH FOR SEVEN
(7) SECONDS [THIS IS CALLED KUMBHAKA
(IN HINDOO) IN YOGAH TO HOLD OR MASTER
THE BREATH. [WHILE HOLDING BREATH EXERT WITH IT GENTLE PRESSURE AGAINST THE DIAPHRAGM]
7) EXHALE GENTLY, FULLY, WITH PER-
FECT CONTROL, SQUEEZING OUT THE
LAST POSSIBLE BIT OF AIR.

IT IS DURING EXHALATION THAT THE
MAGNETIC AND ELECTRIC AND THER-
MAL FORCES BLEND AND TRAVEL TO THE
OUTER RING „PASS OUT„ AND THEN RETURN
CAUSING ECSTASY AND INTENSE CALM
AND POISE, THIS IS CALLED RECHAKA (HINDOO)
IN YOGAH, WHILE THE INHALATION IS
CALLED PURAKA.

PHENOMENA AND CAUTION.
YOU WILL FEEL HEAT WAVES AND ELECTRIC
SHOCKS AT THE BASE OF THE SKULL, AND
IN THE CEREBELLUM AND INTER-BRAIN
AND MAGNETIC CURRENT FLOW ALONG-

THE SPINE UPWARD INTO THE MEDULLA OBLONGATA, CORPORA QUADRIGENIA, FIFTH AND FOURTH VENTRICLES, CORPUS CALLOSUM, CORPORA STRATA, PONS VAROLI, PITUITARY GLAND OR BODY THIRD VENTRICLE AND PINEAL GLAND OR HYPOPHYSIS (PITUITARY IS EPIPHYSIS), ALSO IN SEPTUM LUCIDUM AND OTHER PARTS, YOU WILL HEAR A PULSATING SOUND LIKE A BELL OR CHIME AND FEEL PULSATIONS WITH A SENSE OF SWELLING OR EXPANSION OF AURA, AND SOMETIMES A FEELING AS IF BEATING OR FOLDING OF WINGS, OF MOVING AS IF A BIRD WAS CLASPED TO THE BACK OF THE SKULL OR HEAD, - THIS IS THE KA OR BIRD(BA) OF THE EGYPTIAN MYTHOLOGY.

THIS IS ALL RIGHT, BUT WHEN THINGS SUDDENLY GO DARK, YOU STOP, OR IF YOU CONTINUE, REMEMBER THAT YOU WILL GO INTO A SLEEP OR TRANCE STATE, AND MUST NOT BE DISTURBED UNTIL YOUR GUARDIAN ANGEL OR HEAVENLY FATHER AWAKENS YOU, - ALSO IF YOUR KNEES RISE FROM THE FLOOR OR BODY RISES IN THE AIR, STOP AT ONCE. -

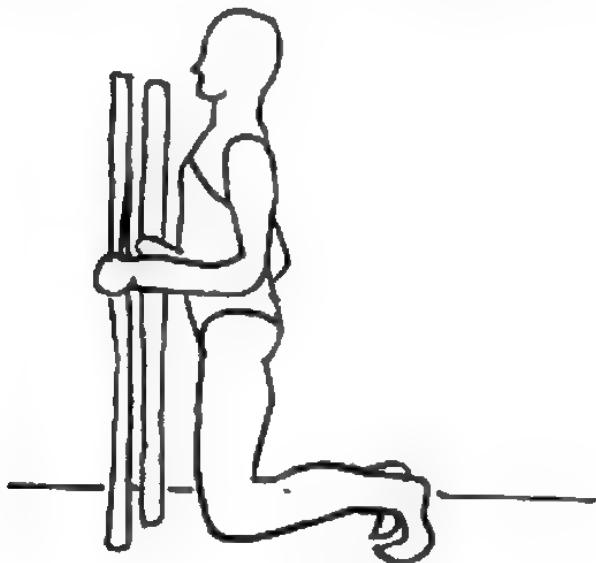
YOU DO NOT WANT LEVITATION TO OCCUR

- THE TRANCE STATE HOWEVER IS HEALING AND GIVES THE POWER OF LAYING ON OF HANDS OR HEALING BY SO DOING.

8) WHILE EXHALING RELAX GRIP ON BARS OR STAFFS, BUT LET HANDS GRASP GENTLY AND HOLD TO THEM (BARS STAFFS).

REMAIN ON KNEES OR SEATED FOR THREE (3) MINUTES AND (12) TWELVE SECONDS AFTER COMPLETE EXERCISE.

FULL EXERCISE IS (8) EIGHT BREATHS OF TWENTY FOUR (24) SECONDS EACH [INHALATION 7SEC, HOLD 7SEC. EXHALATION 7 SEC. HOLD 3SEC] - 192 SECOND OR (3) THREE MINUTES (12) TWELVE SECONDS.



VII (SEVENTH) MASTER ARCAN E. [EXERCISE]. (WEATHER CONTROL).

THIS EXERCISE IS A SEPARATE ONE CALLED THE SEVENTH ARCANE, BUT HAVING IN ITSELF A SEPARATE PLACE AS A PURELY MAGICAL WORK, CONNECTED WITH WEATHER CONTROL.—

∴ STAND ERECT (2) TWO FEET AWAY FROM A STAND OR A ALTAR ,ON WHICH THERE IS A SQUARE , ROUND, PENTAGONAL OR OTHER FORM OF WESSEL, ABOUT TWO(2) FEET IN DIAMETER , AND SIX(6) INCHES HIGH , FILLED HALF WITH PURE WATER —THE STAND SHOULD BE OF HEIGHT PERMITTING PUTTING OF HANDS ON TOP OF IT WITHOUT BENDING OR STRAINING. FACE IN THE DIRECTION OF THE SUN , OR MOON , OR STARS , ACCORDINGLY .

NOW CLEANSE THE LUNGS BY PANTING TROWING OUT ALL RESIDUAL AIR .

SUB MERGE THE HA NDSIN WESSEL WITH WATER , PALMS RESTNG ON THE BOTTOM OF IT , FINGERS SPREAD FAN LIKE , THUMBS AND FOREFINGERS ~~OF~~ OF BOTH HANDS TOUCHING EACH OTHER UNDER WATER .

INHALE DEEPLY FOR 7 (SEVEN) SECONDS HOLD 1 (ONE SECOND) , AND EXHALE THRU THE MOUTH , SLOWLY , SOUNDING A SIGH , UNTIL THE AIR IS OUT FROM THE LUNG S. VOICE SHOULD SOUND LIKE

DEEP SIGH. [EXHALATIONS ARE TIMED ONLY TO MAKE THEM RUN NATURALLY AND EASILY WITHOUT PRESCRIBED 7 SECONDS].

(1) ONE SECOND STOP, INHALE AGAIN FOR (7) SEVEN SECONDS, STOP (1) ONE SECOND, AND EXHALE THRU THE MOUTH WITH A MOANING SOUND, LIKE MOANING, AND AT THE SAME TIME WHISTLING. THE STOP (1) ONE SECOND, AGAIN INHALE DEEPLY FOR (7) SEVEN SECONDS, STOP (1) ONE SECOND, AND EXHALE THRU THE MOUTH WITH A ROARING SOUND, LIKE ROARING OF THE WIND, MIXED WITH WHISTLING OF IT.

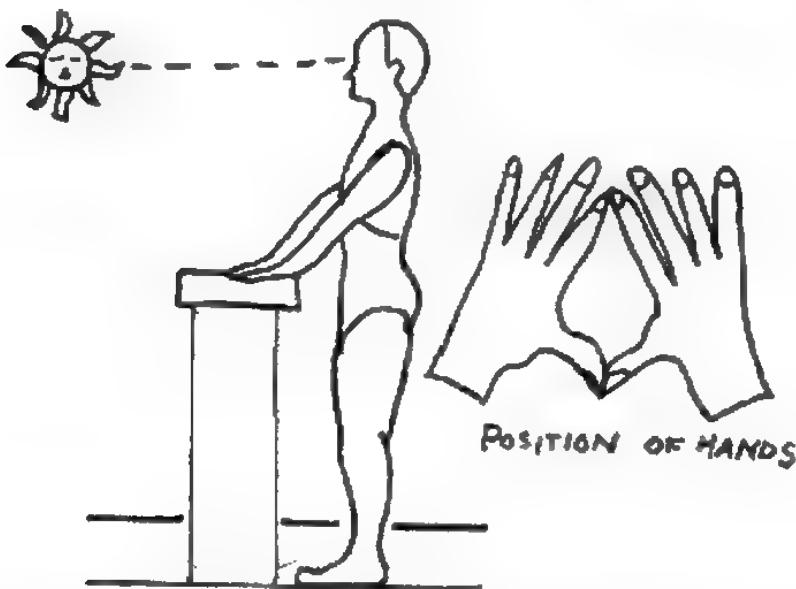
THOSE ARE THE THREE (3) COMPLETE BREATHS - SIGHING, MOANING AND ROARING. -

REPEAT THEM FOUR TIMES, MAKING TOTAL OF (12) TWELVE BREATHS.

NOTE: THE IS A WORD WHICH IS TO BE USED WITH, SIGHING, MOANING, AND ROARING BREATHS, AND THIS WORD FORM THE BACK-GROUND FOR THEM GIVING THEM VIBRATION TO AWAKEN THE ELEMENTAL SPIRITS OF THE WIND, STORM, HURRICANE E.T.C. - THIS WORD IS -

• I-HAU-HAA • TO BE INTERWOVEN WITH THE EXHALATION OF THE AIR, IN , SIGHING, MOANING, AND ROARING. THIS ARCANE THRU ATTRACTING POWERS OF WIND AND

STORM, CHANGES SURROUNDING CLIMATIC CONDITIONS, WITH HELP OF THE MIGHTY SPIRITS - EL BORACH (SPIRIT OF THE LIGHTNING) AND WRAT (SPIRIT OF THE WIND):-



NOTE! EYES SHOULD BE FIXED, BUT VERY LIGHTLY, SO THAT AT TIMES ONE IS ACTUALLY SEEING ONLY BLURR.



ALL THE PREVIOUS COMPRISES THE SEVEN GREAT ARCANES OF THE MASTER SYSTEM, THE SEVEN KEYS OF ABSOLUTE LIBERATION FROM ADVERSE SURROUNDINGS, INFLUENCES AND HEREDITARY CHAINS, AND SLAVERY.— THIS SHORT PATH ESTABLISHES THE MASTER RHYTHM IN THE BODY WHICH YOU MUST STRIVE TO KEEP AS OFTEN AS YOU CAN (SEVEN SECONDS)

INHALATION, ONE SECOND STOP, SEVEN SECONDS EXHALATION, ONE SECOND STOP). THIS WILL PUT YOU WITH THE GOOD THOUGHT, GOOD WORD AND GOOD DEED, AND OPEN CHANNELS, ESTABLISHING CONNECTIONS WITH THE MASTER THOUGHT AND HEAVENLY FATHER. YOU HAVE THEN ALL THE KNOWLEDGE, ALL THE AUTHORITY, AND ALL THE POWERS AND FORCES AT YOUR COMMAND. YOU ARE ON THE PATH AND YOUR GREAT TEACHER-THE HEAVENLY FATHER WILL INSTRUCT YOU IN EVERYTHING PERSONALLY, SO THAT YOU DO NOT NEED ANY OTHER TEACHERS, OR HUMAN AUTHORITIES. ::

GENERAL COMPENDIUM.

:: IN THE WORK ON MASTERY THE MAIN AND THE ONLY OBJECT IS TO ATTAIN COMMUNION WITH THE HARMONIOUS CREATIVE POWER OF THE WORLD, AND CONSCIOUSLY JOINING THE FORCES FOR SOLVING THE DESTINIES OF THE EVOLUTION TOWARD IMMORTAL ONENESS.

FIRST STEPS IN THIS PROCESS IS MASTERING THOUGHT AND THRU IT MASTERING THE BODY.

TO MASTER MEANS TO OVERPOWER, TO SUBDUERULE, TO KNOW; TO UNDERSTAND THOROUGHLY, - IT MEANS ALSO DOMINION: SUPERIORITY, VICTORY; OF BEINGS CONSCIOUS OF IT. FOLY PROCESS OF DEVELOPMENT IS CALLED "THE GREAT WORK" AND IS CONSISTING OF 6(SIX GREAT MASTER ARCANES CONSTITUTING THE "SHORT PATH") QUINTESSENCE

OF THE WAYS AND MEANS, FOR DEVELOPMENT
OF CONSCIOUS MASTERY.

THE MAN IS GENERALLY IN A STATE OF
SLAVERY, PRODUCED BY IGNORANCE, ON
ONE OR MORE PLANES OF HIS ENTITY, I.E.
PHYSICAL - MENTAL - SPIRITUAL AND
PSYCHIC - WHICH STATE COMES FROM THE
DIFFERENT MISLEAD IMPRESSIONS ON
THE HUMAN SYSTEM, LIKE PRECONCEIVING
AND CONCEIVING STATE OF THE MOTHER -
PRENATAL INFLUENCE OF MOTHER'S
THOUGHT, FEELING AND WILLING.

INFLUENCE OF THE MOMENT AND
MANNER OF BIRTH, WHICH HAS LOT
TO DO WITH LIFE CURRENTS CIRCULATING
IN THE BODY, AND WHICH IS OF GREAT
IMPORT IN HUMAN PERSONAL HISTORY.

BIRTH OF A CHILD CAN BE COMPARED
TO TAKING A FISH OUT OF WATER INTO
THE AIR. - THE SURROUNDINGS ARE
CHANGED IN VERY GREAT EXTENT, AND
FIRST IMPRESSIONS MOULD THE DESTI-
NY, BY SHAPING AND PIERING NEW
CHANNELS FOR ENERGIES AND LIFE
NOTE: AFTER BIRTH OF THE CHILD THE UMBILICUS
SHOULD RECOGNIZE ONLY AFTER IT COLLAPSES 3 TIMES.

NEXT COMES THE AGE OF CHILDHOOD,
PUBERTY, AND ADOLESCENCE OF SEVEN
YEARS EACH - DURING WHICH INFLUEN-
CES OFTEN ADVERSE IMPRINT THEMSELVES
UPON THE DEVELOPING ENTITY, Warp
ITS GROWTH, AND CREATING AT TIMES
UNNATURAL WAYS OF IMPRESSIONS AND
EXPRESSIONS.

THE PROCESS OF LIBERATION FROM THE BONDAGE OF SLAVERY OF DARKNESS AND ISMOL RANCE COULD BE ONLY FORMULATED AND BE GIVEN OUT BY THE SOULS WHO ATTAINED THE FREEDOM, AND WERE FILLED WITH PURE LIGHT OF WISDOM AND UNDERSTANDING.-

IT WAS DONE BY THE MASTERS, AND IS CALLED THE MASTER SYSTEM, FROM ETERNITY INTO ETERNITY FOR THE GUIDING OF HUMAN RACE.

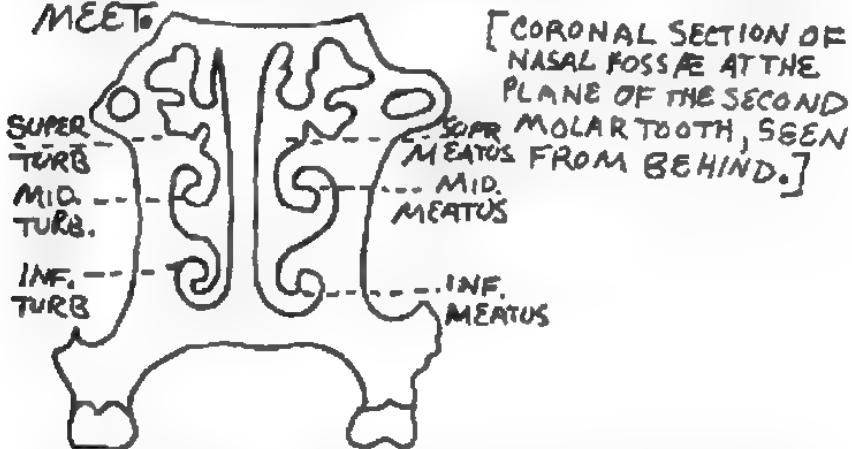
THE AEONS OF INVOLUTION, REVOLUTION AND EVOLUTION THOUGHTS—FEELING AND WILLING, THRU MANY REBIRTHS - THRU SUFFERING AND WORK - A RACE PUREST WAS EVOLVED, THE [REDACTED] RACE OF MASTERS AND SAVIOURS.—

MAN IS THE CENTER IN WHICH CURRENTS- POWERS AND FORCES OF THE WORLD ARE CROSSING AND MERGING TO FIND THRU HIM THE PERFECT EXPRESSION.

THE MASTER SYSTEM PROVES THAT EVERYTHING IS ONE, BUILT FROM THE SAME CLAY OF PRIMORDIAL ENERGY, IN DIFFERENT STATE OF VIBRATIONS SPEED OF POSITIVE AND NEGATIVE COMPONENTS OF MATTER, WHICH (THE MATTER) IS CONDENSED ENERGY - POSITIVE AND NEGATIVE IN DIFFERENT PROPORTIONS AND STATES OF DENSITY.) — (POSITIVE IS MINUS WITHIN THE VACUUM; NEGATIVE IS NEUTRALISING PLUS IN THE VACUUM, TAKEN BY DIVISION SPARK FROM NEUTRAL - WHICH IS VACUUM

THIS ONE WHICH IS ALSO TWO, WHICH IS ALSO TWO WITH AGAIN ONE SURROUNDING WHICH IS THREE - IS THE
 "THAT IS" AND IS CALLED THE —
 ∴ GA-YA-LHA-MA ∴.

THE HUMAN BODY ABSORBS THE GA-YA-LHA-MA THRU THE BREATH. AIR ENTERS THE NOSE, BEING GIVEN SPIRAL MOTION BY TURBINATES, AND ELONGATING INTO TWO CONES STRIKING EACH OTHER AS THEY MEET.



THE AIR IN PASSING GETS HEATED, AND GOING THRU PHARYNX, RELEASES THE GA-YA-LHA-MA WHICH SINKS THRU THE PHARYNX BEHIND THE SOFT PALATE IN THE PROXIMITY OF THE CERVICAL NERVE AND FIRST PAIR OF CERVELLAL NERVES, IN THE PROXIMITY OF MEDULLA OBLONGATA, NINTH, TENTH, AND ELEVENTH NERVES. AIR THEN GOES TO THE LUNGS WHERE IT OXYDISES THE BLOOD.

GA-YA-LHA-MA HAS FOUR STATES OF VIBRATION, HAVING DISTINCT COLOUR VIBRATIONS AND AREAS WHERE IT IS STORED IN THE BODY.

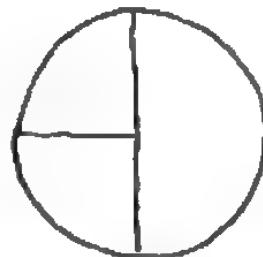
FILLING WITH ENERGIES IS DONE SIMULTANEOUSLY IN TWO PLACES IN THE BODY, BOTH OF THEM BEING CHARGED AT THE SAME TIME DURING THE PERIOD OF EXHALATION.

THE FOUR STATES OF VIBRATION OF GA-YA-LHA-MA, AND CORRESPONDING COLOURS, WITH THE PARTS TO BE CHARGED IN THE BODY ARE:-

- 1) PHYSICAL - COLOUR RED (VERMILLION), PARTS OF THE BODY TO BE CHARGED - LOWER PART OF THE STOMACH AND BACK OF THE HEAD.
- 2) MENTAL (INTELLECTUAL) - COLOUR - YELLOW (CHROME), PARTS OF THE BODY TO BE CHARGED - CHEST AND FOREHEAD.
- 3) SPIRITUAL (DYNAMIC) - COLOUR - BLUE (ULTRAMARINE), PARTS OF THE BODY TO BE CHARGED - UPPER PART OF THE ABDOMEN (SOLAR PLEXUS) AND TOP OF THE HEAD.
- 4) PSYCHIC - COLOUR WHITE WHICH IS MIXTURE OF RED-YELLOW-BLUE), PARTS OF THE BODY TO BE CHARGED - LEGS, FORELEGS, FEET AND ARMS, FOREARMS, HANDS, AND FACE. (IN CERTAIN CASES THE COLOUR FOR PSYCHIC IS BLACK).

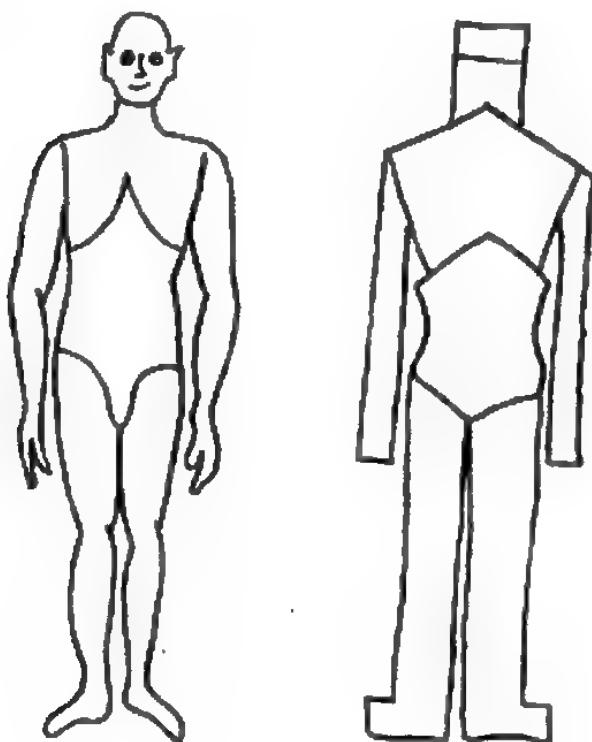


CURRENTS OF GA-YA-LHA-MA CHARGING THE HEAD.



THE ANCIENT REPRESENTATION OF THE GA-YA-LHA-MA CURRENTS ACCORDING TO THE STAGES OF VIBRATION IN THE HUMAN HEAD.

CURRENTS OF GA-YA-LHA-MA CHARGING THE
BODY,-



STAR WHICH IS
THE CROWN, THE
POWER, THE LOVE,
THE FIVE POINTS
OF FELLOWSHIP,
STAR OF RESSU-
RECTION.



THE STAR OF MAN.
THE STAR OF SAVIOUR.
THE STAR OF SENSES.
THE MORNING STAR.
THE BRIGHTEST STAR.
THE STAR OF WISE MEN.
THE STAR OF ELEMENTS.

PENTAGRAM OF THE MAN (MICROCOS-
MOS MIRRORING THE MACROCOSMOS),
THE SECRET OF THE SACRED MASTERY
AND SUPREMACY.

NATURE'S INNER MOST SECRETS ARE WAITING
TO BE COMMANDED BY MASTERS, TO WORK
FOR THE BENEFIT OF THE WORLD.

BOOKS OF ZEND AVESTA, DECLARE
THE MASTERY AND ANSWER THE RIDLE
OF HUMAN LIFE:- WHY I AM HERE?
I AM ON THIS EARTH - TO RECLAIM
THE EARTH, - TO TURN THE DESERTS
INTO PARADISE, - A PARADISE
MOST SUITABLE TO GOD AND HIS
ASSOCIATES. TO DWELL THERE IN:
THIS IS TRUE GOAL OF LIFE. SOUL THAT
REALISES THIS TRUTH CONSCIOUSLY,
STANDS ON THE PATH AS THE MASTER
AND SAVIOUR.

GOOD THOUGHT, GOOD WORD AND GOOD DEED,
ARE ANALOGOUS WITH MASTER THOUGHT,
MASTER WORD AND MASTER DEED, EXPRE-
SSIONS WITH THE ASPECTS OF AHU-RA -
- MAZ-DA. [LIGHT]

BAD THOUGHT, BAD WORD AND BAD DEED,
ARE ANALOGOUS WITH SLAVE THOUGHT,
SLAVE WORD AND SLAVE DEED, EXPRE-
SSIONS WITH THE ASPECTS OF ANGRO-
- MAINOUS. (ANGRY-MIND) [DARKNESS]

THE MASTER SYSTEM TEACHES
THAT THRU THE CONSCIOUS CONTROL
OF THE BREATH, AND ESTABLISHING
THE MASTER RHYTHM THRU SYSTEM
OF EXERCISES, CALLED ARCANES, WE
CHANGE OUR IMPRESSIONS AND EXPRE-
SSIONS - FROM SLAVERY INTO MASTERY.

BE CONSCIOUS AND POSITIVE, ASSERT YOUR TRUE I-YOUR TRUE EGO, RENOUNCE THE BONDAGE OF TIES AND SLAVERY, AND DECLARE-THE MASTERY.

THE SIGN OF MASTER SYSTEM IS, WHEN YOU MEET ANOTHER HUMAN BEING, STAND STRAIGHT, (ERECT) SPINE STRAIGHT, SHOULDERS BACK, CHEST FORWARD, HEAD UP, CHIN IN, GASE QUIET, LEVEL WITH THE EYES.

RIGHT FOOT FORWARD, FORMING A BRIGHT ANGLE WITH THE LEFT. (V). (MASTER BREATH)

WHEN YOU SIT, SIT ERECT, GASE LEVEL WITH THE EYES.) HEAD UP CHIN IN. LEGS RELAXED FEET, FORELEGS AND TIGHS FORMING LETTER V. (MASTER BREATH).

YAT-HA-AH-HU-VAI-RIO ::

YAT-HA-AH-HU-VAI-RIO :: - THE WILL OF THE LORD IS THE LAW OF RIGHTEOUSNESS -

YAT-HA-AH-HU-VO - THE WILL OF THE LORD IS POWER (LIGHTNING THAT STRIKES)

WE ARE MYSTERIOUS MIRROR, WHICH IN ITS PURE STATE REFLECTS THE WORLD, ITS CASES AND EFFECTS.

IF THEN INSIDE OF YOU, YOU CREATE THE CAUSE, EFFECT WILL FOLLOW = AND BE REFLECTED THRU THE MIRROR OF THE SOUL - INTO ANY MEDIUM BECOMING FLESH.

(REFLECTION IS POLARISED, WHILE THE RAYS BEFORE STRIKING THE REFLECTING SURFACE ARE MORE IN THE STATE OF CHAOS.) - ALWAYS STRIKE AT THE CAUSES,

CHANGING THEM, AND THE EFFECTS WILL FOLLOW.

∴ STATE OF MASTERSHIP IS TO BE AT ALL TIMES CONSCIOUSLY, AND IN POSITIVE RECEPTIVE ATTITUDE, OPEN TO ALL GOOD AND POSITIVE POWERS TO FLOW THRU YOU.— AND TO DIRECT THEM IN THE PROPER CHANNELS OF GOOD THOUGHT, GOOD WORD AND GOOD DEED ∴

THOSE TITANIC POWERS ARE EVERYWHERE, SURROUNDING US AT ALL TIMES—BEING THE EMANATIONS OF GOD, AND ALWAYS SEEKING THE ENTRANCE INTO OUR BEINGS, TO EXPRESS THEM—SELVES THRU US.

TO BE RECEPTIVE TO THOSE POWERS—IS TO ESTABLISH MASTER RHYTHM IN US AND RELINQUISH THE MOTHER'S IMPRESSION IN THE TIME OF CONCEPTION, AND PREGNANCY, AND DEFEAT THE BRAND OF ADVERSE SURROUNDINGS, COINCIDENCES AND INFLUENCES.

IN THE ANCIENT MYSTERIES, ESTABLISHING OF THE MASTER BREATH AND MASTER RHYTHM, WAS DONE BY THE FOUR GREAT INITIATIONS OF THE ELEMENTS.

1) FIRST INITIATION WAS BY WATER. SUBMERSION IN COLD WATER, AFFECTING THYROID, BROUGHT ABOUT A SPASM, WHICH WHEN CORRECTLY DONE ESTABLISHED THE MASTER VIBRATION IN THE BODY.

THIS WAS INITIATION OF MOSES AND CHRIST,
AND USED IN THIS DAY IN CHRISTIAN CHURCH,

2) THE SECOND INITIATION WAS BY FIRE.
THE NEOPHYTE PASSING BETWEEN TWO FIRES,
OR GOING THRU FIRE, HAD TO HOLD HIS
BREATH FOR THE IMPOSSIBILITY TO INHALE
THE SMOKE. (BABYLONIAN AND DAVIDIAN
MYSTERIES).

3) THE THIRD INITIATION WAS BY AIR, DROPPING
DOWN FROM A HEIGHT IN SPECIALLY PRE-
PARED CONTRIVANCES. THIS PROCESS
AFFECTED THE BREATH AND SOLAR
PLEXUS. (EGYPTIAN MYSTERIES) ALSO
CHRIST PUT BY SATAN ON THE MOUNTAIN
AND THEN THROWN FROM IT.

4) THE FOURTH INITIATION WAS BY EARTH,
GETTING BODY COVERED WITH EARTH, BEING
BURIED ALIVE FOR CERTAIN PERIOD OF TIME,
ALSO LISTENING TO THE (SILENCE) IN SUBTE-
RENIAN CAVES, TO GET THE SACRED RHYTHM
OF THE EARTHS HEART, WHICH VIBRATES
IN UNISON AND HARMONY WITH THE UNIVERSE.
(THE ART OF THE EARTH CONTRACTS FOR SEVEN
SECOND, ONE SECOND PAUSE, SEVEN SECONDS
EXPANSION ONE SECOND STOP) THIS IS THE
SACRED MASTER RHYTHM.)

THOSE ARE THE GREAT FOUR INITIA-
TIONS IN THE MYSTERIES OF MASTERY.
IN THE MASTER SYSTEM THERE ALWAYS
WAS THE SIMPLIFIED, CONDENSED AND
CORRECT-MANNER OF DISCLOSING THE
TEACHINGS AND ARCANES OF MASTERY,
BUT IT IS ALWAYS GIVEN ONLY FOR THE
SUFFICIENTLY DEVELOPED AND REA-
DY CANDIDATES, AND IN CASES OF

EVOLVED, WORTHY AND WELL QUALIFIED SOULS.

THOSE ONLY HEAR THE CALL WHO ARE READY, TO THE OTHERS MOMENT DID NOT ARRIVED YET, BUT SOMETIME THROUGH OUT ETERNITY IT WILL.

THE MASTER SYSTEM IS SOLVING EVERY PROBLEM, IN EVERY DEPARTMENT OF LIFE, IS ANSWERING EVERY QUESTION, AND MEETS EVERY SITUATION - ON THE PHYSICAL, MENTAL, SPIRITUAL AND PSYCHIC PLANES.

IT IS DOING ALL THE THINGS THAT THE OTHER SYSTEMS CLAIM TO DO, THAT HAVE BEEN BORROWING FROM IT.

MASTER SYSTEM MEANS THAT WHEN IT IS THOUGHT FULLY AND COMPLETELY EVERYWHERE, ALL THE OTHER SYSTEMS WILL BE SHOWN TO BE WHAT THEY ARE THAT IS THAT THEY WERE ALWAYS FAILING BELOW THE STANDART OF FIRST AND THE ONLY WORD OF MASTERS OF ARIAS, FROM ETERNITY INTO ETERNITY.

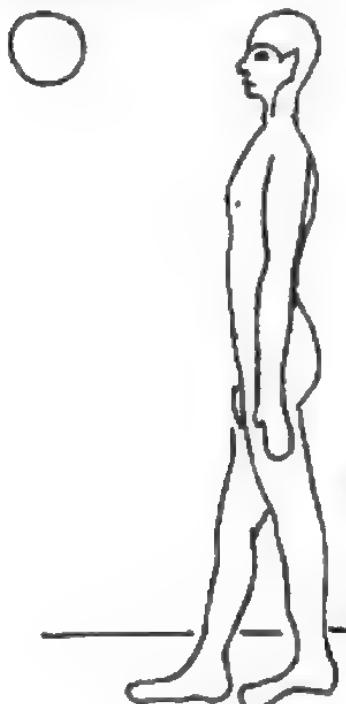
- WE WILL DEFINE HERE WHAT IS MYSTICISM, OCCULTISM AND MAGICK.
 - ① MYSTICISM IS CAREFUL OBSERVATION THRU SUPERSENSITIVE CHANNELS OF IMPRESSIONS.
 - ② OCCULTISM IS CORRECT INTERPRETATION, THRU APPLYING OF THE CONSCIOUS DISCRIMINATION OF THE SOUL.
 - ③ MAGICK IS PRACTICAL APPLICATION OF SUPERSENSITIVE OBSERVATION AND INTER-

PRETATION. IT IS TO MAKE THINGS APPEAR,
DISAPPEAR AND CHANGE ONE THING INTO
THE OTHER. - CREATION, DESTRUCTION AND
TRANSMUTATION.



∴ SITTING MASTER
SYSTEM POSTURE ∴

∴ POSTURE CALLED- POSI-
TIVE IN RELAXED ATT-
ITUDE, TO RECEIVE, ANA-
LIZE AND DIRECT CON-
SCIOUSLY, IMPRESSIONS
AND EXPRESSIONS, ACCORD-
ING TO THE LAW, AND
SPIRIT OF THE TIMES ∴



∴ STANDING MASTER
SYSTEM POSTURE ∴

∴ UPRIGHT AND ON THE
LEVEL ∴

STANDING LIKE A MEN
IN MASTER SYSTEM.
POSITIVE IN RELAXED
ATTITUDE.
RIGHT FOOT FORWARD
DENOTES SUN CURRENT
RA) POSITIVE AND ELECTRIC,
[LEFT FOOT FORWARD
WOULD MEAN MOON-
(MA)-NEGATIVE AND MAG-
NETIC.

LESSER ARCANES AND GREAT
EXERCISES FOR DIFFERENT PARTICULAR
PURPOSES, ACCORDING TO MASTER SYSTEM

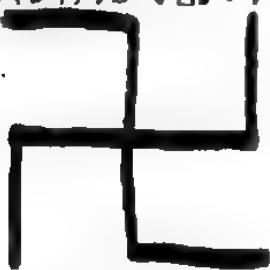
I. L. ARCANE. DOCTRINE OF THE HEART

OLDEST SYMBOL - SWASTIKA REPRESENTS CONTRACTING OF THE HEART, WHILE SOUWASTIKA - EXPANDING.

DIVIDING THE WORK IN MYSTICISM AND OCCULTISM AND MAGICK INTO TWO DISTINCT PATHS. - I (FIRST - DOCTRINE OF THE CLOSED HEART - BUT OPEN MIND - DEVELOPING REASON - IT IS SYMBOL OF SOUWASTIKA USED IN THE ORIENT,) II (SECOND - DOCTRINE OF THE OPEN HEART - AND FEELINGS, BRINGS IN WISDOM - IT IS SYMBOL OF SWASTIKA USED IN OXIDENT)

(CROSS SECTION OF THE HEART WILL SHOW THE MUSCLES IN THE FORM OF SWASTIKA AND SOUWASTIKA, CONTRACTING AND EXPANDING THE HEART.)

THE DOCTRINE OF THE HEART, IS ONE OF THE GREATEST SIGNS OF THE FULFILMENT AND EVOLUTION. IT IS THE DEVELOPMENT OF LOVE AND DISCRIMINATION, AND IT PENETRATES ALL THE SECRET AND SACRED TRADITIONS OF THE WHITE RACE.



SOUWASTIKA



SWASTIKA

SIT DOWN IN A QUIET PLACE FACING SUN, MOON OR PLANET (IN THE DIRECTION), BREATH DEEPLY, THEN RELAX, AND WITHDRAW WITHIN YOURSELF.

FOLD YOUR HAND LEAVING ONLY TWO FINGERS OUTSTRETCHED, INDEX AND MIDDLE (DESTINY AND TEACHER), AND APPLY THEM TOWARD THE HEART. WATCH THE HEART BEAT, AND CONSCIOUSLY FILL IT WITH LOVE, REPEATING THE WORD "LOVE" WITH EVERY HEART BEAT. (WORD "LOB" CAN BE USED FROM WHICH DERIVES WORD "LOVE", ONE OF THE TWO SOUNDS OF THE HEART, -CYSTOLE AND DIASTOLE - LOB AND DOB. GRADUALLY YOU BECOME CONSCIOUS OF THE FEELING OF LOVE CONCENTRATING IN THE HEARTH, SENSATION OF CONGESTION WHICH IS PRESSURE OF FEELING AND FULLNESS IN THE CARDIAC REGION.

WHEN FEELING REACHES ITS Pinnacle OF TENSION, COVER THE RIGHT HAND GENTLY WITH THE LEFT, AND SLOWLY WITHDRAW THE RIGHT HAND FROM UNDER THE LEFT AT THE SAME TIME SHAPING LEFT HAND WITH FOREFINGER AND MIDDLE FINGER POINTING TO THE HEART, THE OTHER FINGER CLOSED.



• WAY OF
CLOSING HAND,
(CALLED ALSO
SACERDOTAL
HAND) •

WITH EVERY HEART BEATS UTER WORD AL-IM, THIS IS THE HOLY WORD WHICH OPENS THE HEART. THE WORD IS REPEATED WITH BEATS OF THE HEART, AND YOU ENTER THE INTERIOR OF THE HEART, FILLED WITH RED CLOUDS AND MIST, IN THE CENTER IS STANDING THE ARC, WITH MEASURES OF DISCRIMINATION, AND OVER THE ARC YOU SEE THE BLASING PENTAGRAM, WITH THE ALL SEEING EYE IN THE CENTER.

YOU WORSHIP THEN AND COMMUNE, AND SEND OUT LOVE, TO UNDERSTAND, REACH, HELP AND BLESS.

THEN HAVING ENDED, YOU PUT THE RIGHT HAND LIKE IN THE BEGINNING OF THE ARCANE AND WITHDRAW THE LEFT HAND, AND WITH INDEX FINGER AND MIDDLE ON THE HEART REPEAT WITH EVERY BEAT OF THE HEART WORD "PEACE", TO FILL THE HEART WITH IT.



THIS COMPLETES THE DOCTRINE OF THE SACRED HEART.

NOTE. HEART SHOULD BE CONSULTED IN EVERY IMPORTANT UNDERTAKING. BY PUTTING ON IT THE TWO FINGERS OF THE LEFT HAND. IT ALSO IS USED IN HEALING. ::

II G.ARCANE, CREATION EXERCISE.

USED FOR - AWAKENING OF THE DESIRE,
AND TRANSMUTING IT INTO WILL POWER.
STAND ERECT, SPINE STRAIGHT HEAD
UP CHIN IN. RELAX AND BREATH
DEEPLY.

PUT YOUR HANDS OVER SOLAR PLEXUS,
ON THE PART WHERE IS ENSI FORM CAR-
TILAGE. HOLD THEM THERE LIGHTLY,
THINK OF THE THING THAT YOU DESIRE,
AND SLIGHTLY HOLDING THE BREATH,
SHAKE DIAPHRAGM WITH SHORT SPAS-
MODIC MOVEMENTS, SOMETIMES LET-
TING THE BREATH IN, OR OUT, WHILE
VIBRATING, UNTIL YOU WILL FEEL
THE HUNGER AND PANG OF THE DESIRE
IN YOUR SOLAR PLEXUS, OFTEN ALSO
FELT LIKE HEAT.

THEN RELAX ABSOLUTELY THE ABDOMINAL
MUSCLES AND EXHALE ALL THE AIR FROM
THE LUNGS PRESSING THE FINGERS OF
BOTH HANDS DEEP INTO THE STOMACK
AT THE STERNUM PART (ENSI FORM
CARTILAGE) BETWEEN THE RIBS.

WHEN DOING THIS LOWER YOUR HEAD
UNTIL THE CHIN WILL REST ON THE CHEST.
(ALL THE EXERCISE DONE WITH EYES HALF
CLOSE, INTROSPECTIVE GAZE)

AFTER EXHALING ALL THE AIR, HOLD
FOR SEVEN SECONDS PRESSING HANDS
STRONGLY INTO THE STOMACK, WITH
VIBRATING PRESSURE, AND ALSO PRE-
SSING THE CHIN INTO THE CHEST, CONcen-

TRATING OF FEELING OF TAKING HOLD
OF THE DESIRE, AS OF A REAL LIVING
THING.

NEXT BEGIN TO INHALE SLOWLY,
GRADUALLY LIFTING THE HEAD, BUT
NOT RELAXING THE DIGGING PRESSURE
ON THE SOLAR PLEXUS.

INHALE TO THE CAPACITY OF THE LUNGS,
LIFTING THE HEAD, UNTIL IT WILL BE
LIFTED, LIKE FOR LOOKING UPWARD,
FOR PRAISING.

THEN LOCK THE THROAT, SO THAT
THE AIR WONT ESCAPE. GIVE THE
AIR COMPRESSED IN THE LUNGS A
DOWNWARD SHOWE AGAINST THE
DIAPHRAGM, SOLAR PLEXUS AND
FINGERS OF HAND PRESSING AGAINST
IT. PRESSURE SHOULD THROW OF DIGGING
FINGERS WITH A SNAP.

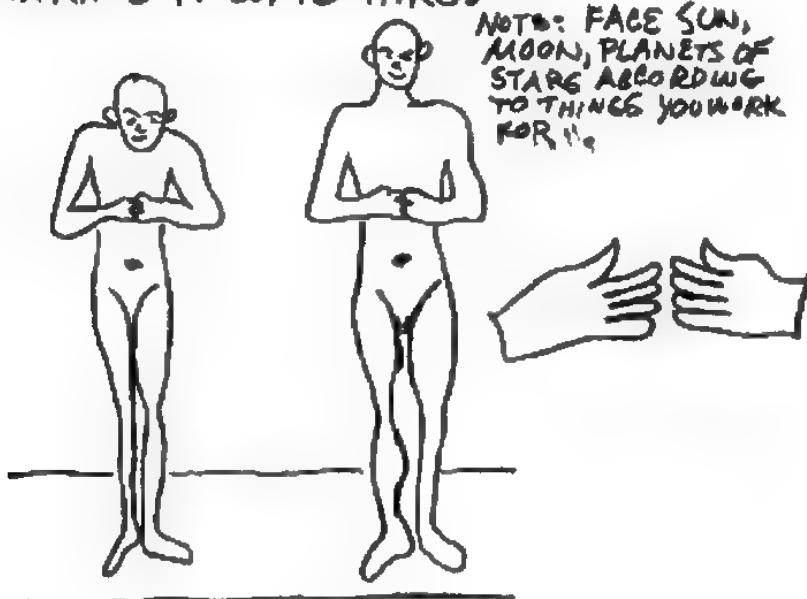
THEN STOP PRESSING HANDS AGAINST
THE STOMACH, YOU ARE IN THE SUBCON-
SCIOUS AND SUPER CONSCIOUS STATE AND
CAN USE YOUR HANDS AND BODY WHEN
NECESSARY. YOU ARE IN THIS STATE

ALL THE TIME YOU HOLD YOUR BREATH
LOCKING THE THROAT IS REPRESENTED AS CRUX ANSATA IN EGYPT
NOOSE IN INDIA-TIBET, TIE THAT BINDS
IN PERSIA ETC.

PROCESS OF LOCKING THE THROAT AND
SHIFTING PRESSURE AGAINST THE
DIAPHRAGM, GIVES IN THE SOLAR
PLEXUS SUDDEN JOLT, SENDIN & SPI-
RITUAL ENERGY OF LONGING AND

DESIRE THRU THE SPINAL COLUMN UPWARDS TO THE BRAIN, IT IS FELT LIKE HEAT AND PRESSURE MOUNTING WITHIN THE SPINE, STRIKING PINEAL GLAND (MEDULLA OB LONGATA), WHERE IT IS FELT LIKE A SNAP, THEN REACHING FORWARD, BETWEEN THE EYE BROWS, WITH ANOTHER SNAP, AND FINALLY THE TOP OF THE HEAD.

FEELING OF TENSION PERWADES THE HEAD, THOUGHTS DISSAPEAR ONE AFTER THE OTHER, SQUISED OUT OF THE BRAIN, ONLY THOUGHT OF THE DESIRE BLENDS WITH IT AND PERWADES THE BRAIN THRU THE EGO GETTING TRANSMUTED INTO THE WILL POWER, WHICH CONNECTS DESIRE TO THE OBJECT OF THE DESIRE, TAKING POSSESSION OF IT AND MAKING IT COME THRU.



SYMBOLICALLY REPRESENTED PROCESS OF CREATION IS IN CADUCEUS OF HERMES WITH THE TWO SERPENTS ENCIRCLING IT MOUNTING TOWARD PINE CONE OR MERCURY'S HEAT WITH WINGS SPREAD ATTACHED TO IT. ALSO WINGED SCARAB OF THE EGYPTIANS, SKARAB REPRESENTING HUMAN SKULL. IN ORIENT A SKULL, THE SAME SYMBOL OFTEN USED IN CHRISTIAN SYMBOLIC ART.

MERCURY (HERMES) CARRYING DEMAND OR ORDER ON THE WINGS OF WILL.

NOTE. THIS IS A GREAT ARCANE (HERMETIC), AND USES SAME POWERS CONSCIOUSLY DIRECTED, AS ARE AWAKENED IN (6) (SIXTH MASTER ARCANE (EXERCISE)) IT IS USED IN EVERYTHING OF IMPORTANCE) IT MATERIALISES THINGS YOU WANT, CURES DISEASES YOURS AND OTHERS WILL MAKE YOU INSENSIBLE TO PAIN (SELF ANASTHESIA) AND WILL PUT YOU IN TRANCE, CATALEPTIC STATE OR IN LETARGIC (HIBERNATING) CONDITION IT AROUSES THE SERPENT POWER OF THE BODY (KUNDALINI IN YOGA).

CAUTION: WORKING THOSE POWERS IS BEST BEGINNING DELICATELY, AND BEING IN PRACTICE WITH MAJOR MASTER ARCANES.

WHEN GOING IN SUBCONSCIOUS OR SUPER-CONSCIOUS STATE, WHILE IN IT YOUR EYES GET OUT OF FOCUS, AND YOU SEE OBJECTS DIMLY. THIS IS NORMAL AND TO BE EXPECTED IN THIS POWERFUL EXERCISE OF MASTERS, RULERS AND HIGH PRIESTS.
-CONNERCE

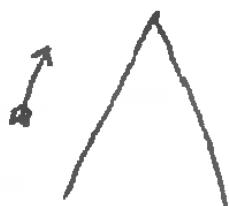
III G. ARCANE. PROJECTING OF POWER.
III. RITUAL OF PENTAGRAM: MASTER PROJECTION
THIS IS A PROJECTION OF POWER, DONE TO
BUILD THE WALL OF ABSOLUTE PROTECTION
AGAINST ADVERSE POWERS AND THOUGHTS
AND ALSO A POWERFUL AND TERRIBLE
WEAPON TO STRIKE AND DESTROY THE
ENEMIES.

FACE NORTH, - BEGIN BY DOING THE
TWELVE COMPLEX BREATHS LIKE IN
THE FIRST (I) MASTER ARCANE, SITTING
AND USING MASTER BREATH SEVEN(7)
SECOND INHALATION, ONE(1) SECOND
STOP, SEVEN SECONDS EXHALATION,
(1) ONE SECOND STOP - TWELVE TIMES.
SET UP AND STAND UPRIGHT, HEAD UP,
CHIN IN, RIGHT FOOT FORWARD, LIKE IN THE
SECOND (II) MASTER ARCANE. INHALE DEEP
NOW MOVE YOUR RIGHT ARM TO THE LEFT,
HAND CLOSED WITH INDEX FINGER POINTING,
FROM YOUR LEFT SIDE MAKE SWINGINGLY A
STROKE UPWARD TO THE APEX OF THE PEN-
TAGRAM THAT YOU ARE BUILDING, WHICH
WILL BE STRAIGHT OVER YOUR HEAD.
THEN SWING THE ARM DOWNWARD TO-
WARD THE RIGHT SIDE BUILDING THIS
WAY FIRST UPPER CORNER OF THE PENTA-
GRAM, THEN SWING THE ARM TOWARD
YOUR LEFT SHOULDER, THEN HORIZONTALLY
OVER THE RIGHT SHOULDER THAN BRING
THE ARM DOWN FROM UPPER RIGHT
SIDE TOWARD LOWER LEFT IN WHICH MO-
TION IS CLOSING THE PENTAGRAM,

WITHOUT STOPPING SWING THE ARM IN A WIDE CIRCLE, AFTER RESCRIBING WHICH CONTINUE MAKING HALF A CIRCLE TOWARD THE CENTER AT THE SAME TIME STEPPING FORWARD WITH THE RIGHT FOOT, AND MAKING A RHRUST WITH THE ARM AND HAND, FOREFINGER POINTING. (ACTUALLY THE CIRCLE AND HALFACIRCLE FORM A SPIRAL DRAWN IN THE AIR FROM LEFT TO RIGHT.) NOTE (ALL THE EXERCISE IS DONE POINTING THE INDEX FINGER AS IF WRITING IN THE AIR.)



FIRST MOTION



SECOND MOTION



THIRD MOTION



FOURTH MOTION



FIFTH MOTION



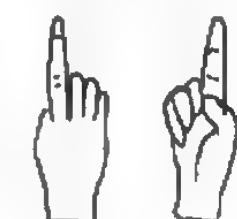
SIXT MOTION



COMPLETE.



COMPLETE WITH
ZEND MANTRAM.



RIGHT HAND.

WHEN BUILDING THE PENTAGRAM IN THE AIR, SING THE SACRED WORD „YAT-HA-AH-HU-VO“ WITH FIRST MOTION SING „YAT“, WITH THE SECOND - „HA“, WITH THE THIRD - „AH“, WITH THE FOURTH - „HU“, WITH THE FIFTH - „VO“) WHEN DOING SPIRAL AND THRUST SOUND „OM“ WITH ALL THE REST OF THE BREATH USED ON THE END OF THE „OM“ HUMMING SOUND. —

THEN DROP THE HAND AND ARM RELATED TO THE SIDE.

PROJECT IT ACCORDING TO NECESSITY, UP TO TWELVE TIMES, AND ALWAYS FACING NORTH.

TO BUILD PROTECTIVE WALL YOU CAN MAKE IT TO THE FOUR CORNERS OF THE EARTH, ABOVE AND BELOW, USING ONLY THE PENTAGRAM WITHOUT THE SPIRAL THRUST „YAT-HA-AH-HU-VO“ — THIS WORD MEANS - „THE WILL OF THE LORD IS POWER“, IT IS THE WORD THAT ROOSTER KNOWS THE WORD „OM“ IS THE WORD THAT LION ROARS.

CAUTION; USE THIS ONLY WHEN YOU KNOW THAT IT IS THE ONLY WAY, TO ACT IN ACCORDANCE WITH THE SPIRIT OF THE LAW :

• : 3) . > 8 . 8 W 1 0 8 . N W 9 7 : .
• : 6 3 : .

IV. L. ARANE. EXCITING THE LIFE ENERGY
TO BE USED WHEN YOU ARE TIRED PHYSI-
CALLY, MENTALLY, SPIRITUALLY OR PSYCHI-
CALLY, - ALSO BEFORE ANY TASK, OR TO
BRING POWER TO FACE AUDIENCE OF
ONE OR MORE. IT BRINGS ALERTNESS
AND MAGNETIC AND ELECTRIC POWERS
OF THE BODY INTO PLAY, STRENGTHENS
THE PENETRATING QUALITY OF THE EYES.
IT IS A QUICK HELPING EXERCISE.

SITTING OR STANDING, RELAX COMPLE-
TELY, INHALE AND EXHALE DEEPLY
FEW TIMES, EXHALE THOROUGHLY,
SPINE ERECT, HEAD UP, NOW BEGIN
TO INHALE FOR (7) SEVEN SECONDS,
TENSING UPPER PART OF THE BODY -
CHEST, SHOULDERS, ARMS, NECK, JAW,
FOREARMS AND HANDS (FOLD THE
FINGERS). THEN VIBRATE TENSED
MUSCLES HOLDING THE BREATH FOR
SEVEN (7) SECONDS. EXHALE QUIETLY
RELAXING COMPLETELY, OPENING
MOUTH AND SAYING " - HA - "
DO IT ONCE.

THIS EXERCISE IS SENDING CURRENTS
TO PINEAL GLAND (MEDULLA OBLONGATA)
STIMULATING IT. THIS IS THE SER-
PENT WITHIN THE SPINAL COLUMN, RAIS-
ING HIS HEAD IN ATTENTION, AND
SWELLING IT.

NOTE: YOU WILL HEAR IN THE EARS
SOUND LIKE OF SILVER CHAINS, WHEN
YOU TENSE YOUR JAW, WHICH IS TO BE
EXPECTED.

V L. ARCANE. HEALING POWER.

TO HEAL THE WOUNDS, STOP BLEEDING,
REMOVE PAIN, AND SET IN HEALING PROCESS
IN THE ORGANS IN THE BODY. - GET EASY
ACCESS TO THE PART AFFECTED YOURS OR
ANOTHER, BREATH DEEPLY FOR FEW MOMEN-
TS, THEN HOLD YOUR MOUTH ONE (1) TO
(3) THREE INCHES FROM THE PART TO BE
ATTENDED TO, INHALE TRU THE NOSE AND
EXHALE TRU THE MOUTH, BLOWING THE
BREATH OVER THE SPOT AFFECTED, AT THE
SAME TIME SINGING IN VERY HUSHED
WAY, (WITHOUT THE VOICE), THE WORD —
— "YAT-HA-AH-HU-VAI-RIO-," "OM"
VIBRATING THE "OM" TO THE END OF THE
BREATH. DO IT FOR FEW MINUTES, THAN
WHISPER A PRAYER TO HEAVENLY FATHER,
TO SEND THE HEALING POWER TO THE SICK
PART TO RESTORE IT TO NORMAL STATE.
ACCORDING TO THE AFFECTION, WHEN IT IS
HEATING (LOCAL HIGHER TEMPERATURE)
— BLOW THE INCANTATIONS ON-COLD
AND IF IT IS COOLING (LOCAL ANEMIA)
BREATH THEM ON HOT.

IF YOU CAN PUT YOUR HANDS ON, RIGHT
HAND ON THE BODY IN THE PROXIMITY
OF THE AFFECTION, LEFT ON THE OPPOSITE

NOTE, (DO NOT LET THE PERSON BEING
TREATED HEAR THE WORDS, BUT CONVEY
THEM TO THE AFFECTED PART, WHICH
WILL HEAR AND REACT ACCORDINGLY.
SOP: :: 3991-98j->O.JW-WB.ND99::

VIL ARCANE. SOUNDLESS SOUND. "AUM."

VOICE OF THE SILENCE.

THIS IS HEARING OF THE VIBRATION OF THE WORLD,
SOUND OF RHYTHM WHICH PERMEATS THE UNIVERSE THE HOLY AND SACRED "AUM".

SIT ON A CHAIR, HAVING IN FRONT OF IT A TABLE
WITH A PILLOW ON IT, AT CONVENIENT HEIGHT,
SO THAT YOU CAN LEAN ON IT WITH YOUR
ELBOWS, WHILE HEAD RESTS ON THE PALMS
OF THE HANDS EYES, FOREHEAD, AND UPPER
CHEEKS RESTING ON THE PALMS OF THE
HANDS WITH FOUR FINGERS, OF EACH HAND,
WITHOUT THUMBS, WHICH YOU WET WITH
SALIVA, AND INSERT IN THE OPENING OF
THE EARS, PREVENTING THIS WAY ALL THE
SOUNDS TO REACH FROM OUTSIDE.

KEEP YOUR SPINE STRAIGHT, BREATH DEEPLY
THE TWELVE MASTER BREATHS, SEVEN (7)
SECONDS INHALATION (1) SECOND STOP (7)
SEVEN SECONDS EXHALATION (1) ONE SECOND
STOP (12 TIMES). THEN RELAXED COMPLETELY,
CLOSE YOUR EYES, AND LIFT THEM,
(OR TURN THEM, A FAR UPWARDS AS POSSI-
BLE) CONVERGING THEM AT THE SAME TIME,
TRYING TO SEE INSIDE OF YOUR FOREHEAD
BETWEEN THE EYEBROWS.

THEN FORGET EVERYTHING, AND CONCENTRATE
YOUR ATTENTION ON THE INNER LEFT EAR,
IN THE BEGINNING YOU WILL HEAR RUMB-
LING SOUND OF THE BLOOD, THIS WILL SUBSIDE,
AND YOU WILL HEAR THE SHRILL BLAST OF A
TRUMPET, THEN AFTER A TIME WILL COME
THE SOUND OF THE BUZZING OF A BEE, NEXT
WILL BE SOUND OF THE RINGING OF A BELL,
THIS GONE IN A WHILE YOU WILL HEAR THE
SOUND OF A FLUTE, WHICH WILL CEASE AND,
AFTER A LULL YOU WILL HEAR THE HUM
OF THE RHYTHM OF THE WORLD. THE SACRED
"AUM"; LISTEN TO IT, YOU WILL UNDERSTAND

GO IN THIS STATE TIME AND AGAIN, AND STAY
IN IT AS LONG AS YOU CAN OR WANT. FIND
THE TRUE SOUND OF "AUM" AND TRY TO LEA-
RN THE SOUNDING OF IT.



POSITION OF THE
EYES. (IT IS CALLED
LOOKING ON THE
MOUNTAIN TOPS.
TOWARD THE URNA.
CENTRAL EYE BET-
WEEN THE EYEBROWS.



POSTURE FOR HEARING THE
"AUM"

NOTE: TO GET THE BEST RESULTS, AND HAVE
THEM THE QUICKEST WAY, START THE EXERCISE
WITH THE MASTER ARCANE. (STANDING AND
TENSING EXERCISE. (FACE THE POSITION OF
THE SUN).

∴ 3 ∴

VII L ARCANE, CONCENTRATION.
SIT UPRIGHT, SPINE STRAIGHT, FACING THE
POSITION OF THE SUN. DO THE COMPLETE
(I) FIRST MASTER ARCANE (EXERCISE).
THEN PROCEED IN PRACTICE OF CONCENTRA-
TION, - FORMULATE THE THOUGHT ON WHICH
YOU WANT TO CONCENTRATE AND MAKE IT
SIMPLE AND CONCRETE, THEN HOLD IT
IN YOUR ATTENTION, - TURN YOUR EYES
INWARD AND AS FAR UPWARD AS YOU

CAN COMFORTABLY REACH, CLOSE THEM AS MUCH AS YOU CAN CLOSE THEM COMFORTABLY. YOU WILL FIND THAT INSIDE OF YOUR FOREHEAD, BETWEEN THE EYEBROWS YOU FEEL A SLIGHT PRESSURE OR TENSION, AT TIMES THE FEELING MAY BE THAT OF SLIGHT PINCHING, HOLD TO THIS FEELING, NOT LETTING IT RELAX, DO NOT PAY ATTENTION TO YOUR BREATHING OR YOUR BODY, (AT TIMES AFTER EXHALATION OR IN THE MIDDLE OF IT YOU WILL COMFORTABLY STOP BREATHING, THIS SHOULD BE SO)

NOW TAKE THE THOUGHT ON WHICH YOU CONCENTRATE, TRY TO SO USE IT IN THE POINT BETWEEN THE EYEBROWS WHERE YOU FEEL THE PRESSURE. HOLD IT WITH THE PRESSURE, REPEATED IN FRONT OF IT, AND INSIDE OF IT, ON ALL THE MODES AND MANNERS, HALF IT, SPLIT IT, THE THOUGHT AND THE WORDS CONTAINED IN IT. YOU WILL KNOW THEN, THIS IS CALLED CAREFUL OBSERVATION.

AT CERTAIN TIMES YOU WILL SEE LIGHT BEFORE YOUR EYES, IT MAY BE A DOT A STAR A EYE, A VISION OF HEAVENLY FATHER, A GUARDIAN ANGEL. TO SEE THOSE THINGS PERTAINS TO SECOND STAGE OF CONCENTRATION CALLED WHEN THE SUBJECT IS OF SPIRITUAL IMPORTANCE APPEARS - MEDITATION. WHEN IT IS PERTAINING TO OBJECTS OF WORLDLY LIFE IT IS THAN CONTEMPLATION. EACH OF THOSE HIGHEST STAGES, BEGINS WITH CONCENTRATION. THE DEFINITION OF THOSE

PROCESSES IS - 1) ATTENTION , 2) RIVETING OF ATTENTION TO THE OBJECT IS CONCENTRATION, IT IS ALSO CALLED SETTING THE HEART ON THE OBJECT , 3) BECOMING AT ONE WITH THE OBJECT IS MEDITATION OR ACCORDING TO THE OBJECT IT MAY BE CONTEMPLATION. (CALLED PERFORM "NAIJI YAMA DURING THE MEDITATION AND CONTEMPLATION ALWAYS LOOK FOR THE LIGHT, AND IT WILL COME TO YOU, SO BRIGHT, THAT THE LIGHT OF THE SUN WILL SEEM ONLY A SHADOW IN COMPARISON WITH IT. IT IS REAL, IT IS TO BE SEEN ON EVERY PLANE - PHYSICAL, MENTAL, SPIRITUAL AND PSYCHIC. THIS IS ILLUMINATION, "THE LIGHT"."

"ALSO BEING IN PASSIVE STATE YOU WILL SEE THE THINGS, OBJECTS, PERSONS, AND HAPPENINGS AND EVENTS - THEN IT IS CLAIRVOYANT STATE.

TO HELP TO DEVELOP THIS FACULTY, GRADUALLY GET ACCUSTOMED TO GAZE IN THE SUN. (BEFORE IT CROSSES THE MERIDIAN), ALSO MORNINGS AND EVENINGS, AT SUNRISE AND SUNSET, BEGIN WITH SHORT TIME, LENGTHENING IT WITH ESTABLISHING OF THE HABIT. THE SAME TIME THAT YOU SPEND LOOKING AT THE SUN, USE IMMEDIATELY ON LOOKING ON SOME DARK SPACE OR WALL, OR CLOSE YOUR EYES AND WATCH THE SPOT THAT IS PHOTOGRAPHED ON YOUR RETINA, TRYING TO KEEP IT STEADY, AND WORKING TO BRING

IT NEAR TO YOU . BETWEEN (6) SIX AND (1) ONE FEET. YOU WILL FIND THAT THE IMAGE SEEN BECOMES LIKE A MIRROR FROM BURNISHED GLASS AND METAL , IN WHICH YOU WILL SEE REFLECTION OF YOUR FACE , AND DIFFERENT OBJECTS AND THINGS.

USE ALSO MOON , AND PLANETS AND STARS, (BEFORE THEY CROSS THE MERIDIAN) IN THE DEVELOPMENT WILL HELP TO USE ALSO A HUNDRED WATT BLUE ELECTRIC BULB AT 3 (THREE FEET DISTANCE.)

USE EXERCISES TO CONTROL THE MUSCLES OF YOUR EYES , BY ROLLING THEM OPEN AND TIGHTLY CLOSED , BY STRIVING TO SEE AS FAR BACK OF YOU AS YOU CAN , AND ALSO UP AND DOWN WITHOUT MOVING YOUR HEAD. ROLL YOUR EYES IN DIFFERENT GEOMETRICAL FIGURES. LEARN TO CONVERGE THEM AND CROSS THEM. LOOKING AT "URNA", POINT BETWEEN THE EYEBROWS , AND BRINGING THEM CROSSED TO THE TIP OF THE NOSE. WORK TO BE ABLE TO DESCRIBE GEOMETRICAL FIGURES WITH YOUR EYES CROSSED. DEVELOP FACULTY OF LOOKING WITH ONE EYE UP AND WITH ANOTHER DOWN.

NOW COMES THE EXERCISE USED FOR SPLITTING THE ETHER, FOR CLAIRVOYANCE - SIT STRAIGHT RELAXED CLOSE YOUR LEFT HAND LEAVING THE INDEX FINGER OUTSTRECHED , COVER THE LEFT HAND WITH THE SO THAT THE THREE FINGERS OF THE RIGHT HAND WILL BE CLASPING THE THREE FOLDED FINGERS OF THE LEFT,

THE FOREFINGER OF THE RIGHHAND IS
OUTS RECHED TIP OF IT TUCHING THE FORE-
FINGER OF THE LEFTHAND, THE THUMBS
OF BOTH HANDS ARE TUCHING EACH
OTHER.

NOW SEPARATE THE FOREFINGERS OF
BOTH HANDS AND MAKE THE DISTANCE
BETWEEN THEM SAME AS THE DISTANCE
BETWEEN THE PUPILS OF THE BOTH EYES.
HOLD THE HANDS ABOUT TWO (2') FEET
FROM YOUR EYES, AND LOOK AT THE
FOREFINGERS UNTIL YOU WILL SEE
IN THE CENTER BETWN THEM,
THE THIRD FINGER, COMPOSITE OF
TWO FOREFINGERS, HAVING ON ITS
SIDES TWO FINGERNAILS.

STUDY THIS COMPOSITE FINGER
UNTIL YOU SEE IT PERFECTLY, AND
WHEN BECOMES TO YOU A ABSOLUTE
REALITY. MOVE YOUR HANDS FARTHER
AND NEARER TRYING TO KEEP THE
THIRD FINGER IMAGE STEADY



(1) POSTURE OF
THE HANDS.

(2) APPEARANCE
OF THE THIRD
FINGER.

LIGHT TWO CANDLES AND PUT THEM,
BETWEEN THREE AND SIX FEET AWAY,
DISTANCE BETWEEN THEM BETWEEN
3 (THREE AND FOUR INCHES, LOOK ON

THEM UNTIL YOU SEE THE THIRD CANDLE BETWEEN THEM. VARY THIS EXERCISE BY VARYING THE DISTANCE FROM THEM AND BETWEEN THEM.

TAKE A HUMAN BEING, AND LOOK IN THE EYES, UNTIL YOU WILL SEE THE THIRD EYE IN BETWEEN. LEARN TO KEEP IT STEADY WITHOUT VARYING.

THIS GIVES THE VERY GREAT POWER OVER HUMAN BEINGS AND ANIMALS.

NEXT STEP IN DEVELOPING OF THE EYES, IS TO LEARN THE DISTANCE ADJUSTMENT AND GAIN CONSCIOUS CONTROL OVER IT.— TAKE ANY OBJECT AND HOLD IT NOT FAR FROM THE EYES, AFTER THE SIGHT ADJUSTED ITSELF TO IT REMOVE QUICKLY THE OBJECT, BUT TRY TO KEEP THE EYES ADJUSTED TO THE DISTANCE WHERE OBJECT FORMERLY WAS. THE THINGS BEYOND WILL SEEM HAZY, PRACTICE UNTIL YOU CAN ADJUST YOUR GAZE AT WILL. WATCH THE DUST PARTICLES SUSPENDED IN THE NEAR AIR, AND FEEL BEYOND THEM WITHOUT CHANGING ADJUSTMENT.

THIS DEVELOPS THE INNER GAZE.—

NOW LOOK AT VERY FAR OBJECT, AND THEN PUT IN THE WAY SOMETHING MUCH NEARER WITHOUT CHANGING THE FARSING ADJUSTMENT. YOU WILL PRACTICALLY LOOK THRU THE NEAR OBJECT. PRACTICE UNTIL YOU CAN LOOK THRU THINGS. THIS IS FAR AWAY GAZE.

NOW YOU CAN DO CRYSTAL GAZING FOR CLAIRVOYANCE AND ALSO TO TRANMUTE THE THOUGHTS AT A DISTANCE.

SIT ON THE CHAIR, RELAX, DO THE FIRST MASTER ARCANE (EXERCISE), THAN HAVE IN FRONT OF YOU A TABLE ON WHICH YOU CAN REST YOUR ELBOWS. - REST UPPER PART OF YOUR FACE ON THE PALMS AND FINGERS, BUT THUMBS PLACE BEHIND THE EARS. HAVE THE BALL OF CRYSTAL, ON A STAND LITTLE HIGHER THAT LEVEL OF YOUR EYES. (YOU CAN USE, GLASS BALL, TOURMALINE, BERYL, MAGICAL MIRROR, OR GLASS BALL ALLED WITH WATER, ALSO FIRE.)

HAVE A SINGLE CANDLE BURNING UP BEHIND YOU, WHILE IN FRONT OF YOU, BEHIND THE CRYSTAL HAVE A DARK SCREEN PREFERABLY BLACK VELVET.

PROCEED TO GAZE AND CONCENTRATE IN THE CRYSTAL, SPLITTING LIGHTLY THE ETHER UNTIL YOU WILL SEE TWO REFLECTIONS OF THE CANDLE. WATCH PATIENTLY, THE THINGS WILL BEGIN TO APPEAR, AND GET CLEAR, PRACTICE ALWAYS EVERY DAY AT THE SAME TIME WITHIN THE HOUR.

TIME - FROM 5 (FIVE) TO 30 (THIRTY) MINUTES WITHOUT BLINKING. (FOLLOW THE SUN) YOU CAN DO ALSO WATCHING FORMS HOLDING YOUR HAND (RIGHT) OVER YOUR FACE AND PRESSING SLIGHTLY ON THE TOP OF THE BRIDGE OF THE NOSE, WITH THE EYES CLOSED. THEN YOU SEE

THING OUTLINED ON THE DARK SCREEN,
VERY OFTEN SYMBOLIC. THIS BRANCH
IS VERY GOOD IN READING THOUGHT FORMS.
IN NICE WARM WEATHER LAY DOWN
ON YOUR SPINE ON THE GRASS, OR SAND,
OR EARTH AND PUT YOUR ARMS FOLDING
THEM BEHIND YOUR NECK AND HEAD AS
A PILLOW, AND WATCH THE BLUE SKY,
TRYING TO PENETRATE AS FAR AS POSSI-
BLE; DO IT ALSO AT NIGHT TRYING TO
REACH THE STARS.—THIS MAKES EYES
SENSITIVE TO ULTRA VIOLET AND INFRA-
RED RAYS AND DEVELOPES FACULTY
OF SEEING AURA, OF HUMANS AND
OTHER BEINGS (ALSO PSYCHING OBJECTS.)
THIS GIVES THE WAYS OF CONCENTRATION,
MEDITATION, CONTEMPLATION, SPLITTING
OF THE ETHER, INWARD SIGHT, FAR AWAY
GASE, CLAIRVOYANCE, THOUGHT FORM REA-
DING, AURA, AND PSYCHOMETRY. . .
x) FOR TELEPATHIC TRANSVERENCE, USE
SAME MEANS LIKE CRYSTAL GAZING; ONLY
INSTEAD OF BEING RECEPTIVE (PASSIVE,
BLANK) REPEAT THE FORMULA YOU WANT
TO CONVEY TO OTHER PERSON, AND
TUNE ON ACTIVE STATE (WILL POWER,
AND DESIRE) . . .



VIII GARCANE. DREAM CONSCIOUSNESS
THE FIRST (1) STATE OF CONSCIOUSNESS IS
THE [IGNORANT STATE], SECOND (2) IS
THE [PHYSICAL STATE], THIRD IS THE
DREAM STATE, WHEN ONE IS FULLY
AWAKE OUTSIDE OF THE BODY, DURING

THE SLEEP. BEING CONSCIOUS, ONE CAN MOVE AROUND IN THE ASTRAL BODY, LEARN THINGS, BE ABLE TO PERFORM THINGS, TRUE REACHING STATE CALLED [OCCULT STATE OF CONSCIOUSNESS], AND OTHER STATES I.E.—MENTAL, SPIRITUAL, ASTRAL, SUPER, SELF, AND COSMIC STATES OF CONSCIOUSNESS.

TO REACH AWAKENING IN YOUR DREAM, YOU MUST SET ASIDE A DAY COMPLETELY, TO YOURSELF IN A PLACE FREE FROM THE OUTSIDE DISTURBANCES.

THEN PROCEED WITH THE WORK, BY SITTING ON A CHAIR HAVING IN FRONT OF YOU A TABLE WITH A PILLOW ON IT, BEND TOWARD THE TABLE SO THAT YOU CAN PUT YOUR ELBOWS ON IT, KEEPING THE SPINE STRAIT, REST UPPER PART OF YOUR FACE AND FOREHEAD ON PALMS OF YOUR HANDS WITH FINGER LITTLE SPREAD, WET YOUR THUMBS AND INSERT THEM INTO EARS, CLOSE YOUR EYES AND TURN THEM SLIGHTLY UPWARD, (POSTURE EXACTLY LIKE THE (6) SIXTH ARCANE - SOUNDLESS SOUND "AUM"). NOW BEGIN TO SING A MANTRA IN A LOW VOICE - "HUONG, YANG, YANG, YANG," "HUONG, YANG, YANG - HUONG, YANG, YANG, YANG - HUONG, YANG, YANG" REPEATING IT INCESSANTLY ON A MANTRAM TUNE.

(THE MUSIC FOR THE MANTRAS ON PAGES 74 AND 75 WAS NOT FURNISHED WITH THE MANUSCRIPT)

PROCEED SINGING THE MANTRAM WITHOUT VARIATIONS FOR TWO HOURS (WITH EARS

STOPPED) THEN STOP THE PRACTICE AND REST FOR TWO HOURS. IF YOU ARE HUNGRY TAKE SOME SOLID FOOD, ABSOLUTELY RESTRAINING ALL DAY FROM WATER, LIQUIDS AND LIQUID FOOD. AFTER REST OF TWO HOURS, BEGIN AGAIN THE SAME PRACTICE AS BEFORE SINGING THE SAME MANTRAM, FOR TWO HOURS. AGAIN TWO HOURS REST AND AGAIN TWO HOURS PRACTICE.

THE EXERCISE SHOULD BE DONE THREE TIMES OF TWO HOURS EACH.

AFTER THE LAST EXERCISE, REST AND GO TO SLEEP. IN THE BEGINNING WILL BE HARD TO FALL TO SLEEP, BUT IT WILL COME, AND DURING THE SLEEP YOU WILL HEAR THE MANTRAM WHICH YOU SANG DURING THE EXERCISES.—

NOW YOU HAVE TO WAIT A WEEK WITH THE SECOND PART OF THE WORK, AND AGAIN SET A DAY ASIDE.

THEN PROCEEDE WITH THE EXERCISE EXACTLY LIKE THE PRECEDING ONLY NOW USE ANOTHER MANTRAM AND ANOTHER TUNE. (THE EARS STOPPED) IN A LOW VOICE.—



SING IT FOR TWO HOURS STRAIGHT, AND REST FOR TWO HOURS. (THIS DAY YOU CAN DRINK WATER, BUT CAN NOT EAT ALL DAY ABSOLUTELY)

RESTRAINING FROM FOOD. THEN AGAIN REPEAT THE SAME EXERCISES AND REST UNTIL YOU DONE THREE EXERCISES OF TWO HOURS EACH.

REST AND GO TO SLEEP.

DURING THE SLEEP YOU WILL HEAR THE MANTRAM YOU HAVE BEEN SINGING THIS DAY.

THEN THE MANTRAM THAT YOU HAVE BEEN SINGING WEEK AGO, WILL OCCUR TO YOU, YOU WILL RECOGNISE IT, AND SUDDENLY UNDERSTAND AND REMEMBER THAT IT IS A MANTRAM THAT YOU HAVE BEEN SINGING A WEEK AGO, WHILE THE OTHER ONE IS THE MANTRAM YOU WERE SINGING THE PREVIOUS DAY. THIS OCCURRENCE WILL GIVE ORIENTATION IN YOUR ACTIONS BRINGING YOU THE FULFILMENT OF THE TASK THAT YOU UNDERTOOK, CONSCIOUSNESS IN YOUR DREAMING STATE.

THE POSTURE, LACK OF FOOD, OR DRINK TOGETHER WITH VIBRATIONS OF SINGING THE MANTRAS, IMPRESSES THE SUBCONSCIOUS AND THE SOUL, BRINGING IN REALISATION OF DREAM CONSCIOUSNESS.

NOTE. DURING THE EXERCISES FACE THE DIRECTION OF THE SUN. BE RELAXED AND COMFORTABLE.

ALSO REMEMBER SLEEP ALWAYS WITH THE HEAD TOWARD NORTH. (IN THE NIGHTTIME) IT PERMITS THE MAGNETIC AND ELECTRIC CURRENTS OF THE BODY, GET STRENGTHENED WITH THE MAGNETIC FIELDS OF THE EARTH, AND ELECTRIC CURRENTS OF THE SUN. ALSO WATCH YOUR POS-

TURES WHEN FALLING TO SLEEP, IF YOU NEED ENERGY ON PHYSICAL AND SPIRITUAL PLANES LAY ON YOUR LEFT SIDE, ESTABLISHING SUN BREATH, AND POSITIVENESS, - WHEN YOU NEED ENERGY FOR STUDY OR PEACEFULL ENDEAVORS, FALL TO SLEEP ON YOUR RIGHT SIDE ESTABLISHING MOON BREATH, AND PASSIVENESS - INTELLECTUAL AND PSYCHIC PLANES. TRY ALWAYS TO BALANCE THE NUMBER OF POSITIVE AND PASSIVE ATTITUDES.

WHEN NOT WELL TRY TO GIVE SHOCK TO YOUR ENERGIES CHANGING YOUR DIRECTION FROM NORTH TO SOUTH, WHEN YOU GO TO SLEEP.

WHEN CONSCIOUS IN YOUR SLEEP. USE PRINCIPLES OF - CAREFUL OBSERVATION, CORRECT INTERPRETATION AND PRACTICAL APPLICATION. - IN THE END OF YOUR SLEEP THE SILVER CORD WILL GUIDE YOU BACK TO YOUR ABODE OF FLESH.

CONSCIOUS IN YOUR DREAM ACT ACCORDING TO " - YAT-HA-AH-HU-VAI-RIO " -

"THE WILL OF THE LORD IS THE LAW OF RIGHT EQUITY" : ॥ ॐ गव्या० यज० यज० वर्ण० नव० ॥



IXL, ARCANE, RECHARGING NERVOUS ENERGY
A WAY USED IN ANCIENT EGYPT FOR STRENG-
HTENING OF CURRENTS OF ENERGY WITHIN
THE BODY. IT WAS SHOWN IN THE FIGURES,
USING THE SECOND MASTER ARCANE EXER-
CISE. TWO RODS CLASPED IN THE HANDS
OF STANDING FIGURES, WERE THE GRIPS
OF TREMENDOUS POWER, A KIN TO ELECT-
RICITY (SECONDARY ELECTRICITY), WHICH WHEN
THE GRIPS WERE HELD IN THE HANDS RELEA-
SED THIS ENERGY INTO THE BODY, TO BE
STORED IN UNIPOLAR GANGLIAS, AND SPINAL
FLUID, RAISING THE POTENTIAL OF ENERGY
ONE HUNDRED PERCENT, AND LASTING
FOR A DAY AND A NIGHT; (24) TWENTY FOUR
HOURS.

THE RODS WERE TWO IN NUMBER AND OF
DIFFERENT COMPOSITIONS. ONE GENERALLY
TO BE USED IN THE RIGHT ANOTHER IN THE
LEFT HAND. ONE HAVING THE POWER OF THE
SUN, ANOTHER OF THE MOON.

THE SUN ROD OF POWER IS COMPOSED OF HARD
COAL SPECIALLY HARDENED, IN WHICH STRUC-
TURE OF THE MOLECULES IS CHANGED THE
WAY THE MOLECULES OF IRON ARE CHANGED
WHEN CONVERTING IRON INTO MAGNESS.
(TO CONVERT IRON INTO MAGNESS, THE
STRUCTURE OF IRON MOLECULES IS CHAN-
GED BY RECRYSTALLISATION PROCESS -
- HARDENING, THEN IT WILL RETAIN
THE MAGNETISM) - PROCESS OF HARDENING
IS HEATING TO HIGH TEMPERATURE AND THEN
INSTANTLY COOLING BY SUBMERGING IN WA-
TER. (THE RODS OF HARD COAL PREPARED FOR
THE ELECTRIC ARC LAMPS, ARE EXELENT
AS SUN RODS OF POWER.

THE HARDENED ROD OF COAL, CAN BE INSERTED IN A COPPER TUBE, WITH BOTH ENDS OPEN OR CLOSED. (LENGTH OF ROD (6") SIX INCHES, DIAMETER (1" ONE INCH, OR ACCORDING TO THE GRIP OF THE HAND.



GRIP FROM HARDENED COAL (SUN)

THE MOON ROD OF POWER IS COMPOSED OF HARD LODE STONE, OR PRESS ED LODE STONE. (IT MAY BE ALSO A ROD OF MAGNETISED HARD IRON OR STEEL (MAGNESS)). MOON ROD OF POWER CAN BE INSERTED IN A ZINC, OR TIN, TUBE, WITH BOTH ENDS OPEN OR CLOSED. (LENGTH AND DIAMETER IDENTICAL WITH SUN ROD)



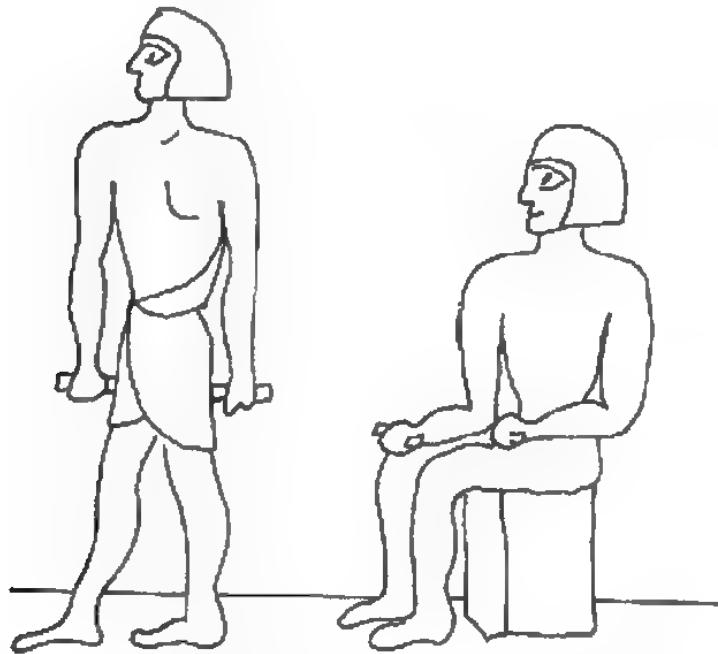
GRIP FROM HARDENED LODE STONE. (MOON)

THE MOON GRIP, (ROD) WORKS AS A KIND OF CATALYST, TO BRING THE SUN GRIP (ROD) INTO MORE POWERFUL ACTION.

GRIPS AND RODS OF POWER, WERE KNOWN AND USED IN THE MOST REMOTE EVEN TIMES, AND SECRETS OF PREPARATION OF THEM WAS KNOWN TO FEW INITIATES.

THE MYSTERIOUS METAL (BRONZE) AURICULLUM HAS TREMENDOUS POWER, AND IS COMPOSED OF FIVE METALS, EACH HAVING A DEFINITE COLOR - WHITE, BLACK, RED, BLUE AND YELLOW. IT IS RADIOACTIVE, AND IN IT HIDES MYSTERY OF IMMACULATE

CONCEPTION. (PROPORTION OF METALS IS EVEN). THEN COMES ELECTRON, COMPOSED OF GOLD AND SILVER (40% GOLD AND 60% SILVER), THEN COMBINATION OF SILVER 75% AND ZINC 25%, COMBINATION OF COPPER AND ZINC, AND ALSO COPPER AND TIN, MANY COMBINATIONS OF BRONZE YOU CAN MAKE FIGURING OUT PLANETS THEIR RELATIONS AND PROPERTIES. SUN ♂-GOLD, MOON ♀-SILVER, SATURN ♂-LEAD, JUPITER ♀-TIN, MARS ♂-IRON, VENUS ♀-COPPER, MERCURY ♂-MERCURY. ALSO MINERALS, - COAL, LODESTONE, BERYL, AMBER, TOURMALINE, ROCK CRYSTAL, HEMATITE, ETC.



THE EGYPTIAN MASTER SYSTEM POSTURES FOR RECHARGING THE NERVOUS ENERGY. (ONE SHOULD BE RELAXED, AND FOLLOWING THE DIRECTION OF THE SUN.)

OBJECTS SHADED IN DIFFENT SYMBOLIC FORMS ARE ALSO USED THROUHOUT THE WORLD, LIKE BABYLO-
NIAN MARES (IRON WITH SILVER INLAY) WITH
HORNED HUMAN HEAD, AND HEAD OF THE
BULL.) IN THIBET IS USED DORGEE, ETC.
(RODS OF POWER CAN BE USED WITH ^{BRONZE} II SECOND ARCANE)



X L. ARCANE. KECHARA MUDRA. (POSTURE)
IT IS USED, FOR PREPARATION FOR HIBERNATING
(GOING INTO LETARGIC TRANCE), AND
ALSO ENABLES ONE TO CENTER THE LIFE
ENERGIES IN THE HEAD, SEPARATING THE
POLES IN THE BODY, BY CLOSING BOTH
CURRENTS INDIVIDUALLY, BY WHICH MEANS
THEY MAY REMAIN FOR INDEFINITE
TIME, BUT IN REALITY - 3 TO 6 MONTHS
IS USED.-

KECHARA MUDRA IS PROCESS OF SWALLO-
WING THE TONGUE OR OF INSERTING THE
TONGUE PAST SOFT PALATE INTO NASAL
CAVITIES.

IT SHOULD BE PREPARED SLOWLY AND
PRACTICED GRADUALLY.

EVERY DAY, YOU MUST FOR CERTAIN TIME
STICK OUT YOUR TONGUE, GET HOLD OF
IT WITH YOUR HAND THROUH A PIECE OF
CLOTH (TO PREVENT THE TONGUE FROM
SLIPPING FROM THE FINGERS.), THEN
PULL THE TONGUE OUT, GRADUALLY

MAKING IT LONGER, YOU MUST PULL IT, AND ALSO MASSAGE IT WITH A MILKING MOTION. DURING PULLING OF THE TONGUE, THE MEMBRANE UNDER THE TONGUE, CALLED, FROENOLUM LINGUDE, WILL BECOME LOOSENERED OR CUT ON THE TEETH, PERMITTING THE TONGUE TO GRADUALLY BECOME LONGER. (CUTTING OF THE "FROENOLUM LINGUDE", MAY BE DONE BY OPERATION, KNIFE, OR USING A SHARP BLADE OF GRASS.) ALWAYS AFTER INJURING THE TONGUE THOUGH PULLING APPLY THE SALT TO THE WOUND. REAL PERFECTION IS REACHED WHEN ONE CAN TOUCH WITH THE TONGUE, POINT BETWEEN THE EYEBROWS.

XI. L. ARCANE, MULLAH MUDRA. NULLAH MUDRA
USED IN THE DEVELOPMENT FOR HIBERNATION,
ALSO FOR RE JUVENATION AND CLEANING OF
THE INTESTINAL TRACT AND LOWER BOWEL,
IT IS VERY HEALING IN CASE OF GASTRMS, AND
APPENDIX.

FACE THE SUN, (OR THE DIRECTION OF), GO DOWN
ON YOUR KNEES, STRAIGHTEN THE SPINE WITH
ARMS AND HANDS UP, LOOKING SLIGHTLY UPWA
RDS. RELAX, DRAW THE BREATH IN STRONGLY
AND FULLY. BENDING SLIGHTLY (SWAYING) BACK
WARDS, THEN HOLDING THE BREATH, BEND
FORWARD UNTIL YOU CAN BEND THE THE ARMS
AT THE ELBOWS, AND REST YOUR ELBOWS AND
FORE ARMS ON THE EARTH. THEN SWING ON
ELBOWS AND KNEES, (UPPER ARMS AND THIGHS)
SO THAT YOU CAN COMFORTABLY TOUCH THE
GROUND WITH YOUR FOREHEAD. (THIS IS CALLED
PROSTRAATING ONESELF). ELBOWS SHOULD BE FROM
12" TO 24" FROM THE KNEES. RELEASE THE BREATH THE
MOMENT YOU STRIKE THE EARTH WITH THE ELBOWS.
RELAX, TAKE A PREVIOUSLY PREPARED LITTLE TUBE
— FROM BAMBOO, HARD RUBBER, WOOD, IVORY, OR
OTHER APPROPRIATE SUBSTANCE, (ABOUT 5" TO 6"
LONG, $\frac{1}{2}$ " WIDE (DIAMETER), OPENING INSIDE THE TUBE
 $\frac{1}{8}$ " TO $\frac{1}{4}$ " ENDS VERY WELL ROUNDED AND POLISHED.
THE TUBE YOU MUST INSERT INTO ANUS, PAST
EXTERNAL AND INTERNAL SPHINCTERS, WHICH



WILL BE ABOUT 3" TARE & INCHES). AT THE CORRECT INSERTION OF THE TUBE, THE PASSAGE FOR AIR WILL BE ESTABLISHED, AND YOU WILL HEAR A SPECIFIC HISSING SOUND OF AIR PASSING TO AND FROM THE LARGE INTESTINE.

TO REGULATE IT ADJUST YOUR POSTURE SWAYING FORWARD AND BACKWARD, ON YOUR ELBOWS AND KNEES. KEEP YOUR STOMACH RELAXED, AND BREATH EVENLY AND RHYMICALLY, USING MOSTLY CHEST MUSCLES, IN DEEP INHALATIONS AND EXHALATIONS. YOU WILL NOTICE THAT DURING THE INHALATION, THE AIR IS EXPelled FROM THE INTESTINES, AND DURING THE EXHALATION THE AIR IS BEING DRAWN IN THRU THE RECTUM. THIS IS CALLED MULLAH MUDRA, BREATHING THROUGH THE RECTUM. OCCASIONALLY YOU CAN CLOSE YOUR LARYNX AND PERFORM MUSCULAR ACT OF BREATHING, WITHOUT CIRCULATING THE AIR IN THE LUNGS. THIS STRENGTHENS THE INTESTINES, AND MAKES AWAY WITH THE INDIGESTIONS AND CONSTIPATION.



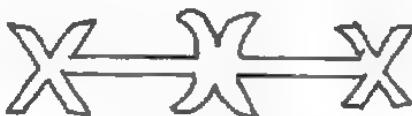
FORM OF TUBE USED WITH THIS EXERCISE
[NOTE TUBE MAY BE ALSO SLIGHTLY BENT.]
DO THIS EXERCISE BETWEEN 10.- (TEN) AND
30 (THIRTY) MINUTES, OR ACCORDING TO NEED

OCCASIONALLY DURING THE EXERCISE FOR
MORE COMFORT YOU CAN MOVE THE HANDS
NEAR EACH OTHER AND REST YOUR FOREHEAD
OR FACE ON KNUCKLES OF YOUR HANDS.

ALSO ACCORDING TO FELT NEED YOU MAY
RAISE UPRIGHT ON YOUR KNEES, AND PUT

YOUR ARMS AND HANDS UP, BENDING BACK
WARD, LIKE IN THE BEGINNING OF EXERCISE,
INHALING DEEPLY.

REMEMBER ALWAYS AT THE END OF
THE EXERCISE TAKE CARE, THAT THE
AIR IS EXPelled, WHAT MEANS YOU TAKE
THE DEEP INHALATION, AND REMOVE THE TUBE
FROM THE RECTUM WHILE HOLDING BREATH
A PUSHING IT DOWNWARD, (TENGING)
NOTE (THE TUBE SHOULD BE KEPT CLEAN).



XII G.S. ARCANe, FACE AND HEAD REJUVENATING EXERCISE. ALSO GENERAL.

THIS IS THE EXERCISE WHICH IS ACTUALLY A COMPLEMENTARY TO THE XIITH ARCANe (MULLAH, OR MULLAH MUDRA) AND IS USED TO REJUVENATE AND CLEAN THE FACE, NECK, HEAD, AND ALSO TO REFRESH, REJUVENATE AND STRENGTHEN THE ORGANS IN THE HEAD - BRAIN, ORGANS OF HEARING, TASTE, SMELL^{NO}, SINUSES, ETC. GETTING AWAY WITH ALL THE CONGESTIONS, STASIS, AND UNHEALTHY CONDITIONS, WITHIN BOUNDARIES OF THE HEAD, HAIR AND TEETH INCLUDED. THE OUTSIDE OF THE HEAD AND FACE, CAN BE AFFECTIONED BY WASHING WITH WATER, CREAMS, LOTIONS, HOT AND COLD APPLICATIONS, MASSAGE ETC., BUT THOSE THINGS IN TIME DO MORE DAMAGE THAN HELP BY STRETCHING AND DEFORMING THE CELLS. WHICH LOOSE THEIR ELASTICITY AND THUS BECOME LIFELESS AND FLABBY.

ANABOLISM IS THE PROCESS BY WHICH INERT FOOD SUBSTANCES, SIMPLE COMPOUNDS, ARE BUILT UP INTO COMPLEX SPECIAL COMPOUNDS MANIFESTING THE PROPERTIES OF LIFE.

CATABOLISM IS THE PROCESS BY WHICH THE COMPLEX, LIVING COMPOUNDS ARE RETURNED TO A MORE SIMPLE FORM BY A PROCESS OF COMBUSTION CHEMICALLY SIMILAR TO BURNING, ALWAYS PRODUCING CARBON DIOXIDE (CO_2) AND WATER AND IN MANY CASES VARIOUS FORMS OF ASH.

ANABOLIC PROCESS SUPPLIES THE MATERIAL FOR CATABOLISM AND IN EXCESS OF THIS NEED GIVES GROWTH, OR INCREASE □ OF TISSUE. THE CATABOLIC PROCESS YIELDS ENERGY IN THE BODY.

THE METABOLIC PROCESS IS CHARACTERISED BY THE CONSUMPTION OF OXYGEN (O_2) AND THE EVOLUTION OF CARBON DIOXIDE (CO_2). THIS PROCESS IS CALLED RESPIRATION.

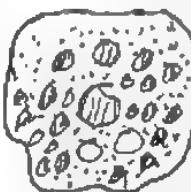
OXYGEN SUPPLIES THE ELEMENT NECESSARY FOR THE COMBUSTION OF FOOD AND TISSUE SUBSTANCES AND IS NECESSARY IN THE CATABOLIC PHASE OF METABOLISM. IT SUPPORTS THE DESTRUCTIVE PROCESS AND DOES NOT ENTER THE PRODUCTIVE, ANABOLIC PROCESS EXCEPT AS SOME DEGREE OF ENERGY IS CONSUMMED IN BUILDING THE LIFELESS MATERIALS INTO LIVING SUBSTANCE. HOWEVER SOME OXYGEN IS STORED IN THE TISSUES WHERE IT REMAINS INERT UNTIL NEEDED FOR COMBUSTION FOR THE PRODUCTION OF ENERGY. CONSIDERABLE PERCENTAGE OF OXYGEN IS ALWAYS A PART OF PROTOPLASM ITSELF NEXT TO OXYGEN, LIVING THINGS NEED WATER (H_2O). THE SIMPLEST FORMS OF LIFE, AND MANY OTHERS LIVE ENTIRELY IN WATER. WATER MAKES UP THE LARGER PART OF ALL LIVING THINGS.

IN ADDITION TO THE WATER INCORPORATED INTO THE CELLS AS A PART OF THE IR TISSUES, ALL THE ACTIVE, LIVING CELLS OF THE MANY-CELLLED BEINGS LIVE IN A WHAT HAS TO BE CONSIDERED FLUID MEDIUM, MAIN CONTINENT OF WHICH IS WATER, IN CASE OF THE PLANTS THIS ~~CONTINENT~~ FLUID IS CALLED SAP; IN THE ANIMALS AND MAN IT IS BLOOD OR LYMPH, OR JUST WATER WHICH IS CIRCULATED TO THE TISSUES, THOSE BODY FLUIDS CONVEY TO THE CELLS THEIR FOOD, CARRY AWAY THEIR WASTES, AND SUPPLY THE WATER NECESSARY FOR KEEPING THE LIVING SUBSTANCE IN THE HALF-FLUID, MOBILE CONDITIONS NECESSARY TO LIFE.

WHEN THERE IS INSUFFICIENT SUPPLY OF FLUID MEDIUM, BLOOD OR LYMPH, TO THE CELLS, IT AFFECTS THEM BY NOT FEEDING THEM, AND THEY BECOME UNDERNURISHED AND STARVED, AND ALSO THE ELIMINATION AND COMBUSTION PROCESS BECOMES SLOW, LEAVING LOTS OF WASTES WITHIN THE CELLS, NOT ELIMINATED, WHICH CLOGG THE CELLS ADDING UNNECESSARY BULK, STRETCHING THEIR PROTECTIVE MEMBRANE AND TAKING AWAY ITS ELASTICITY.



NORMAL CELL



CELL EXPANDED
TRU BAD METABO-

ISM.
IN THE CASE OF BAD METABOLISM, THE WALLS OF THE CELL WILL BE EXPANDED, BUT LIQUID CONTENT WILL BE SMALLER, EXPANSION DUE TO REFUSE COLLECTED.

CELLS NOT POSSESSING ELASTICITY AND LIQUIDITY, FIT BADLY TOGETHER, AND TEND TO STAY IN THE FORM FORCED ON THEM WITH MOVEMENTS OF THE PARTS OF THE BODY, OR

ORGANS, WITHOUT HAVING ENOUGH SPRINGINESS TO RETURN TO NORMAL SUSPENSION-TENSION. THIS CREATES WRINKLES AND FOLDS, OBSTRUCTING EVEN MORE PROCESSES OF METABOLISM, AND CREATES GRADUALLY DEPOSITS OF SALTS, IN CAPILLARIES, AND TISSUES AND ARTERIES AND VEINS, BRINGING A STATE CALLED - HARDENING OF THE ARTERIES - ARTERIO SCLEROSIS.

THE ARTERIES RESPONDING TO ADRENALIN AND EPHEDRAINE OFTEN RELEASED IN THEM FROM THE ADRENALS, CALLED FORTH BY HIGH TENSION OF LIVING, CONTRACT AND GET SALTS DEPOSITED IN THEM, HARDENING MORE AND BRINGING THE HIGH BLOOD PRESSURE, AND GENERAL DEBILITY.

THE ONLY MEDICINE FOR THIS STATE, IS TO RESTORE THE DISOLVING AND CLEANSING TONE OF THE BLOOD, AND THEN TO DIRECT IT TOWARD UNDERNOURISHED AND CONGESTED WITH REFUSE AREAS, THRU CONSCIOUS APPLICATION OF THIS ARCANE.

1ST PART--PURIFYING AND STRENGTHENING OF THE BLOOD.

DRINK PLENTY WATER, FRUIT AND VEGETABLE JUICES. [LEMONS, ORANGES, PINEAPPLES, PRUNES, APPLES, ETC. - CELERY, ONIONS, CARROTS, BEETS, CABAGES ETC.

DRINK MILK ONE HOUR OR MORE AFTER TAKING JUICES, AFTER MILK YOU CAN TAKE JUICES TWO HOURS OR AFTER.

USE AT ARCANE MULLAH (MULLAH) MUDRA. IF YOU HAVE TO MAKE THE REJUVENATION STRONGER, USE JUICES OF BEETS, CELERY, CARROTS, ORANGES AND TURNIPS, AND AFTER

HEATING THEM LITTLE BELOW BODY TEMPERATURE, DILUTED IN 50% WATER (TOGETHER 1 QUART) USE AS ENEMA EVERY THREE DAYS. AS TO REGULAR FOOD, EAT EVERYTHING YOU LIKE, OR AS USED TO, BUT IN SMALLER QUANTITIES (ON ACCOUNT OF JUICES AND MILK THAT YOU ARE TAKING).

NOW COMES THE EXERCISE TO BE DONE TWICE EVERY DAY, FOR A PERIOD FROM 5 (FIVE) TO 10 (TEN) MINUTES. THIS EXERCISE IS MADE TO AWAKEN AND INTENSIFY WORK OF THYROID AND PARATHYROID GLAND WHICH RELEASE SECRETIONS, TO STRENGTHEN AND PURIFY THE BLOOD, AND HEIGHTEN THE METABOLISM, HELPING TO DISSOLVE AND ELIMINATE SALTS AND VASTE PRODUCTS FROM THE BODY.

1) PUT YOUR THUMB FIRMLY UNDER THE CHIN, OTHER FINGERS FOLDED. PRESS SLIGHTLY WITH THE TUMB ON THE MUSCLES UNDER THE CHIN. NOW ROLL YOUR TONGUE BACKWARDS AND FORWARD, REPEATING THIS MOTIONS FOR 2½ TO 5 MINUTES. (YOU WILL FEEL THE MUSCLES RIPPLE UNDER YOUR CHIN, WHERE YOUR THUMB RESTS, HELP THIS MOTION FOLLOWING IT WITH THE THUMB. SLIGHTLY PRESSING TO EXCITE THE CONTRACTION OF THE MUSCLES.) THIS IS THE FIRST PART OF THE EXERCISE.

2) BEND YOUR HEAD DOWN UNTIL CHIN WILL TOUCH THE CHEST. THEN TENSE THE MUSCLES OF THE CHIN AND NECK, BY STRETCHING THE MOUTH ON BOTH SIDES AND DOWN. ALL THE MUSCLES AND TENDONS SHOULD STAND OUT ON THE NECK, PROCEDE THEN TO LIFT THE HEAD AND THE CHIN WAY UP WITHOUT RELEASING THE TENTION OF

THE MUSCLES, BUT INSTEAD PULLING THEM AND STRETCHING VIGOROUSLY.

AFTER PULLING THE CHIN AND THE HEAD WAY UP, RELAX THE NECK AND FACE, BEND THE HEAD AND CHIN DOWN AGAIN, TENSE AND REPEAT THE BEFORE DESCRIBED EXERCISE. DO IT REPEATING FOR 2½ TO 5 MINUTES.

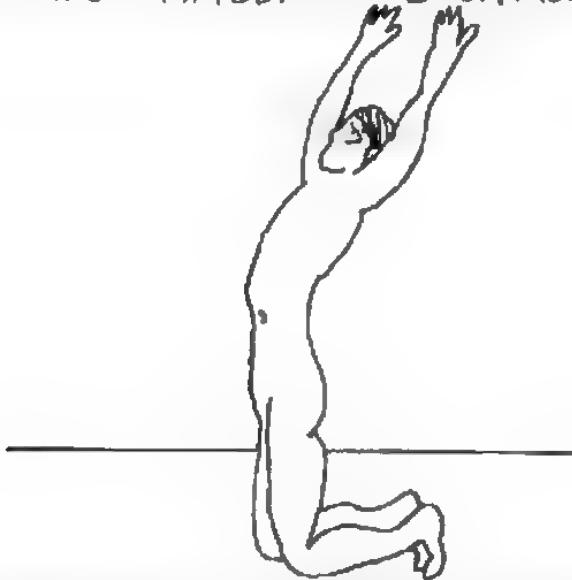
THOSE TWO ABOVE DESCRIBED EXERCISES, AWAKEN, PURIFY AND EXCITE THE THYROID GLAND, WHICH PRODUCES AND SEND INTO THE BLOOD STREAM, SECRETIONS WHICH ARE REJUVENATING TO THE TISSUES AND THE BODY.

NOTE: IN THE BEGINNING OF THOSE EXERCISES YOU WILL HAVE PAINS IN THE THROAT, NECK AND THYROID AREA, WHICH IS PERFECTLY TO BE EXPECTED, ON ACCOUNT OF EXERCISING THE MUSCLES, WHICH ARE NOT USED TO GYMNASTIC.

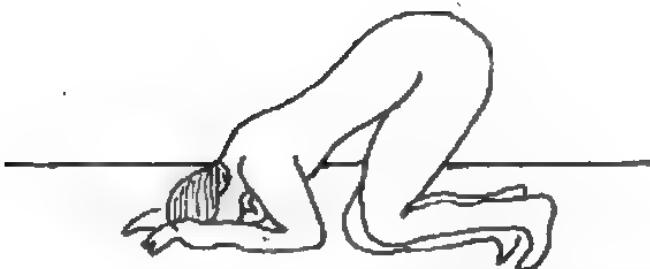
AFTER FEW DAYS THE PAINS WILL STOP AS YOU ATTAIN THE CONTROL OVER THE MUSCLES. BEST BEGIN WITH 2½ MINUTES EACH EXERCISE AND GRADUALLY BUILD UP TO 5 MINUTES.

WE COME NOW TO THE PROPER XII ARCANE REJUVENATING FACE AND HEAD. IT IS AS FAR AS THE POSTURE GOES IDENTICAL WITH MULLAH (MULLHA) MUDRA, WITHOUT USING BREATHING THROUGH THE RECTUM, AND RAISING MORE OFTEN TO THE UPRIGHT POSITION ON YOUR KNEES. - DO VERY STRONG AND DEEP BREATHING, FOR ABOUT FIVE MINUTES, UNTIL YOUR FACE AND BODY WILL START TINGLING, SHOWING STRONG OXYDISATION OF THE BLOOD. ^{RELAX} THEN FACING THE DIRECTION

FIFTEEN (15) MINUTES YOU SHOULD BEND AND STRAIGHTEN FIFTEEN TIMES OR MORE.



FIRST PART OF THE XII ARCANE. RAISING ON THE KNEES AND SWAYING SLIGHTLY BACKWARDS. SENDING BLOOD AWAY FROM HEAD AND FACE.



SECOND PART OF THE XII ARCANE. BENDING, PROSTRATING, SENDING BLOOD TO HEAD AND FACE.

THE ABOVE IS THE REJUVENATING ARCANE.
ALSO TO RENEW AND CLEAN THE TISSUES
IN DIFFERENT PARTS OF THE BODY YOU
HAVE TO LEARN THE WAY OF SENDING
THE BLOOD TO THEM, AND ALSO TO
WITHDRAW IT. IT IS DONE BY HAVING
THE CENTER OF THE PART TO BE FLUSHED
WITH BLOOD PUT BELOW THE OTHER PARTS,
THEN IT WILL BE FILLED WITH BLOOD,
TO WITHDRAW THE BLOOD PUT THE CENTS
OF THE PART OF THE BODY TO BE DRAINED
OF THE BLOOD HIGHER THAN THE OTHER PARTS.

NOTES. YOU SHOULD KNOW ALSO, THAT
WHEN INHALING THE BLOOD IS RECEEDING
FROM DIFFERENT PARTS OF THE BODY,
WHEN HOLDING THE AIR IN THE LUNGS,
AND ALSO WHEN EXHALING BLOOD
CIRCULATES STRONGER.

THE CIRCULATION, ONRUSH, AND WITHDRAWAL
OF THE BLOOD TO AND FROM THE HEAD
IS ABSOLUTELY SYNCHRONIC WITH THE
BREATH.

THE BLOOD PRESSURE IS IN THE ARTERIES,
WHERE IS THE PURE OXYDISED BLOOD, WHICH
UNDER THIS PRESSURE REACHES THE CAPIL-
LLARIES, THE CELLS, AND FEEDS THEM ALSO
GIVING THEM THE OXYGEN TO UPHOLD BURNING
OF VASTE PRODUCTS AND TRANSMUTE THEM
INTO FORM EASY TO ELIMINATE FROM THE
ORGANISM. THOSE VASTE PRODUCTS GET
INTO VENOUS BLOOD, AND ARE BURNT
OUT IN THE LUNGS, SWEATED THROUGH THE
PORES OF THE SKIN, ELIMINATED THROUGH
THE KIDNEYS, AND ALSO BOWELS AND LIVER
IN THE VEINS BLOOD PRESSURE IS LOWER THAN
IN THE ARTERIES. THE REACH OF BLOOD TO THE
TISSUES CAN BE CONTROLLED ALSO BY

PRESSING THE ARTERIES AND VEINS.

BY PRESSING ON THE ARTERIES WE STOP THE FLOW OF THE BLOOD TO THE PART OF THE BODY WHERE IT IS DESTINED, AND THE BLOOD LEFT DRAINS THROUGH THE VEINS, LEAVING THE PART BLOODLESS.

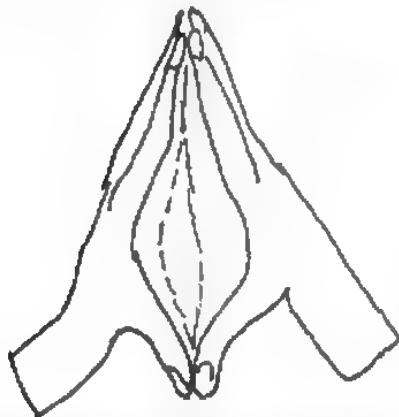
BY PRESSING ON THE VEINS, THE OUTFLOW OF THE BLOOD IS CHECKED, BUT THE INFLOW IS OPEN THRU THE ARTERIES, FILLING THE PART WITH BLOOD.

BY STUDY OF PLACES WHERE ARTERIES AND VEINS ARE CLOSE TO THE SKIN, ONE CAN EASILY CONTROL THE FLOW AND THE EBB OF THE BLOOD BY PRESSING MANIPULATIONS.

ANOTHER WAY OF CONTROLLING THE CIRCULATION IS BY TENSING DIFFERENT SETS OF MUSCLES THOUGH WHICH THE VEINS AND THE ARTERIES PASS. TENSING OF THE MUSCLES CONTRACTS THE ARTERIES AND VEINS BY PINCHING THEM.

GREAT INFLUENCE ON THE HUMAN BODY IS EXERTED BY THE FEET AND THE TOES AND EXERCISING THE SECOND MASTER ARCANE (GRAND) HAS VERY SERIOUS IMPORTANCE. (STANDING AND RISING ON THE BALLS OF THE FEET). MASSAGE THE FEET THOROUGHLY, EXERCISING AND KNEADING THE ANKLES, AND ALL THE MUSCLES OF THE FEET; MASSAGE AND PULL THE TOES, THAN PRESS THE TIPS OF THEM, ESPECIALLY THE GREAT TOE, IT WILL AWAKEN NERVES, BRING ABOUT INCREASED STRIVLATION OF BLOOD, AND BENEFICIALLY REACT ON THE NERVOUS CENTERS AND GANGLIAS, STIMULATING THOUGH THEM THE DIFFERENT GLANDS IN THE BODY. MOVE THE ANKLES AROUND UP AND DOWN, WITH VIGOUR, SIDEWAYS, DO IT TOO WITH THE TOES.

BESIDES THE FEET PAY VERY STRICT ATTENTION TO THE HANDS.
 BEND YOUR ARMS IN THE ELBOWS, AND HAVE THE HANDS BECOME ABSOLUTELY LIMP AND RELAXED, PERFECTLY FLEXIBLE AT THE WRISTS, SHAKE THE HANDS WITH THE MOTION OF FOREARMS AND ARMS, UP AND DOWN, AND THEN IN CIRCLES, WITH SO QUICK MOTION AS TO BLURR THE VISION OF THE HANDS, DO IT UNTIL WHEN YOU STOP YOU WILL FEEL THE STRONG VIBRATION IN YOUR HANDS, COMPARABLE TO THE ELECTRIC CURRENT. RUB THE HANDS STRONGLY TOGETHER IN EVERY WAY, THAN BEAD INWARDS AND OUTWARDS THE FINGERS AND PALMS, PRESSING THEM TOGETHER, ALSO MOVE THUMBS AWAY FROM THE FINGERS PRESSED TOGETHER AND TRY TO STRETCH THE DIFFERENCE BETWEEN, THEM AND THE OTHER FINGERS BY PRESSING,



STRETCHING AND STRENGTHENING THE THUMBS.



MEANING OF THE FINGERS.

THIS EXERCISE DEVELOPES THE THUMBS,

AND DEVELOPING THEM GROWS AND STRENGTHENS THE WILL POWER.

(ABOVE IS GIVEN THE CONNECTION BETWEEN THE FINGERS AND ATTRIBUTES OF HUMAN BEING. THUMB IS LOGIC AND WILL POWER, INDEX FINGER IS DESTINY (COMMAND), MIDDLE FINGER IS TEACHERS (USED IN DRAWING ON THE SAND, AND FOR EXPLAINING), THIRD FINGER IS HUMANITARIAN LOVE, COMPASSION, AND ALTRUISM, LITTLE FINGER IS SEX, LUST, PHYSICAL LOVE.

YOU MUST LEARN TO CONTROL AND MASTER THE MOTIONS AND RELATIONS BETWEEN THEMSELVES OF ALL THE FINGERS.

DO NOT STICK OUT THE LITTLE FINGER, IT MEANS OVER SEXUALITY.

NEVER FOLD THE THUMB UNDER THE OTHER FINGERS WHEN MAKING A FIST, IT DENOTES WEAK WILL, POOR HEALTH, AND PROPENSITY FOR LYING.

STUDY HANDS OF OTHERS, WATCHING THEM, IN POSTURES, OF THE HANDS AND FINGERS THE FINGERS WHICH ARE UNITED BY PRESSING TOGETHER EMPHASIS THE ATTRIBUTES ASCRIBED TO THEM, UNLESS THEY ARE FOLDED AGAINST THE PALM, WHEN THE ATTRIBUTES TO BE PAID ATTENTION TO WILL BE THOSE OF THE EXTENDED FINGERS.)

NOW COMES THE EXERCISE FOR ELECTRIFYING AND MAGNETISING OF THE HANDS, MAKING THEM POUR OUT THE HEALING CURRENT, USED IN PUTTING ON HANDS TO ALLEVIATE PAIN AND STIRRING UP THE RESTORATIVE PROCESSES IN

THE HUMAN BODY. — — — FACE DIR. OF SUN
STAND UP OR SITDOWN, BACK STRAIGHT, BODY
ERECT, HEAD UP CHIN IN. EXHALE THOROU-
GHLY AND START INHALING. INHALE FOR
SEVEN SECONDS. WHILE INHALING
PUT YOUR RIGHT HAND PALM DOWN
ON YOUR LEFTHAND PALM UP AND
RUB THE PALM OF THE LEFT HAND WITH
THE PALM OF THE RIGHT, (INCLUDING
FINGERS) IN CIRCULAR MOTION FROM
RIGHT TO LEFT, MAKING DURING THE
INHALATION SEVEN CIRCLE S WITH THE
RIGHT HAND. [REDACTED] AT THE END OF
SEVENTH CIRCLE GLIDE [REDACTED] YOUR RIGHT
HAND AWAY FROM YOURSELF AND YOUR
LEFT PALM WITH MOTION AS IF BRUSHING
OFF, HOLD BREATH ONE SECOND, AT THE
SAME TIME TURNING THE PALM OF
OUR LEFT HAND DOWN AND BRINGING
THE BACK OF THE HAND UP. NOW BEGIN
TO EXHALE FOR SEVEN SECOND, AT THE
SAME TIME PUTTING YOUR PALM OF THE
RIGHT HAND ON THE BACK OF THE LEFT, AND
RUBBING WITH CIRCULAR MOTION FROM RIGHT
TO LEFT, MAKING DURING THE SEVEND
SECOND EXHALATION SEVEN CIRCULAR
RUBBING S OF THE LEFTHAND.
AT THE END OF THE SEVENT MOTION GLIDE
THE AIGHTHAND AWAY FROM THE LEFT
WITH THE BRUSHING OF MOTION.
HOLD THE BREATH FOR ONE SECOND, AT THE
SAME TIME TURNING THE PALM OF YOUR
RIGHT HAND UP. NOW BEGIN TO INHALE
FOR SEVEN SECONDS, RUBBING WITH THE
PALM OF YOUR LEFTHAND, THE PALM

OF YOUR RIGHT IN CIRCULAR MOTION
OF THE LEFT HAND FROM LEFT TO RIGHT,
MAKE COMPLETE BREATH AS BEFORE
DESCRIBED; BUT USING THE RIGHT
HAND TO BE RUBBED, THEN AGAIN SWITCH
TO LEFT HAND. DO IT TWELVE TIMES
MAKING COMPLETE MASTER EXERCISE
3 MINUTES AND 12 SECOND, RUBBING EACH
HAND SIX TIMES IN VARYING SUCCESSION.
THIS COMPLETES THE MAGNETIC-ELECTRIC
EXERCISE OF THE HANDS. —

FINISHING ABOUT LAVING ON OF THE HANDS
□ YOU MUST KNOW THAT GIVING AND CONVE-
YING HAND IS THE RIGHT HAND, AND IT
SHOULD BE PUT ON THE SUFFERING PART
OF THE BODY, WHILE THE LEFT HAND
SHOULD BE PUT ON THE OPPOSITE SIDE FROM
PAIN, AS A RECEIVING POLE FOR THE HEA-
LING POWER.

WHEN MORE ENERGY IS NECESSARY, BEFORE
PUTTING ON OF THE HAND, DRY THEM WELL
AND HEAT BY BRISK FRICTION OF ONE AGAINST
THE OTHER.

THE BODY CAN BE KNNEDED AND MASSAGE
VIGOROUSLY, AS ALSO PART AFFECTION PRE-
SSED STRONGLY, WHEN THERE IS NO FEVER
AND NO WOUNDS OR STRAINED TISSUES.

IN CASE OF ABOVE MENTIONED CONDITIONS
BEING PRESENT PUT HAND LIGHTLY AND
CONCENTRATE MORE ON SENDING POWER
DELICATELY, TO MEND THE BROKEN TISSUES,
AND AWAKEN THEM TO THE HEALING PROCESS.

WHEN EXERCISING HANDS, TO BRING HARMONY
INTO BODY PROCESSES, PRESS THE FINGER
TIPS OF EVERY FINGER, □ OF ONE HAND
BETWEEN THUMB AND INDEX FINGER OF THE
OTHER HAND. PALM AND ESPECIALLY THE

MUSCLE BETWEEN THE INDEX FINGER AND THE THUMB, (UNDER THE THUMB) SHOULD BE ALSO PRESSED.

TO CHANGE THE BLOOD PRESSURE, MAKING IT NORMAL, PUT FINGERS OF BOTH HANDS ON THE SIDES OF THE NECK BELOW THE BACK OF THE EARS AND MASSAGE THOROUGHLY, PRESSING THEM AND MASSAGING WITH CIRCULAR MOTIONS.

FOR STOMACH AND SEX DISORDERS, TAKE A WOODEN STICK - 3/4" OF AN INCH WIDE AND 1/4 TO 1/2" INCH THICK, ROUNDED ON THE END AND THE EDGES, ABOUT 6" TO 8" INCHES LONG.



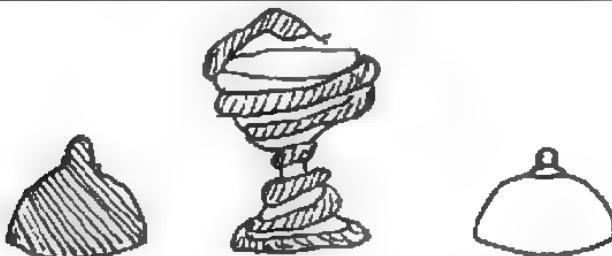
THE FORM OF THE STICK
HAVE THE STICK WELL POLISHED. TO CURE STOMACH CONDITIONS AND ALSO TO MAKE BOWELS MOVE, AND IMPROVE THE GENERAL TONE OF SEX ORGANS, TAKE THE STICK AND INSERT IT INTO THE OPEN MOUTH, LAYING IT ON THE TONGUE. THE HOLDING IT WITH BOTH HANDS PRESS HARD, TO MAKE THE ROUNDED PART OF THE STICK PRESS ON THE TONGUE. IT WILL HURT, BUT ONE HAS TO STAND IT FROM FIVE TO FIFTEEN MINUTES.

FOR UPPER ABDOMEN PRESS AGAINST THE [REDACTED] MIDDLE OF THE TONGUE, FOR BOWELS AND SEX, PRESS DEEP TOWARD THE ROOT OF THE TONGUE.

CAUTION: THIS EXERCISE SHOULD NOT BE DONE TO A PREGNANT WOMAN, AS IT WOULD BRING ABOUT MISCARRIAGE.

THE THINGS IN ALL DESCRIBED ABOVE

CONSTITUTE THE ARCANES AND EXERCISES FOR
REJUVENATION OF THE HUMAN BODY, AS
WELL AS CURATIVE MEASURES, AND DEVELOPMENT FOR HEALING OF ONE AND THE
OTHERS, TAKING IN - BLOOD, GLANDS,
CONSCIOUS DIRECTING OF THE BLOOD
STREAM, FEET AND HANDS AND TONGUE
AND THEIR RELATIONS TO HEALTH.



XIII L. ARCANE REJUVENATION OF ENERGY
FOR INCREASING SPAN OF
LIFE. THIS ARCANE IS TO PRACTICED
IN IMPORTANT CASES.

BODY BATTERY OF LIFE ENERGY IS
CONCENTRATED IN THE SPINAL FLUID, AND
THE FLUID TOUCHING THE CENTERS SUPPLIES
THEM WITH THE POWER OF LIFE.

HUMAN ORGANISM HAS A WAY, TO STIR UP THE
SPINAL FLUID BY NATURAL MEANS, IN CASES
OF EXHAUSTION, AND LOW EBB OF ENERGIES.
THE WAY IS YAWNING. - PROCESS OF YAWNING
PRESSES ON MEDULLA OBLONGATA. AT THE
SAME TIME MAKING IT AUGMENT PRESSURE
ON THE CAVITIES IN THE HEAD, AND THE CEN-
TRAL CANAL (FOURTH VENTRICLE) IN THE SPINE.
DURING PROCESS OF SATISFACTORY YAWNING
YOU FEEL REFRESHING PRESSURE WITHIN

THE HEAD SPREADING TOWARD THE EARS WHICH YOU WILL HEAR RUMBLING SOUND, AND ALSO SOUND OF RINGING LIKE WITH DELICATE SILVER CHAINS. ALSO ONE PERFORMS A DEEP SATISFACTORY INHALATION FELT AS PLEASANTLY FILLING □ AND PERVERVADING THE SOLAR PLEXUS.

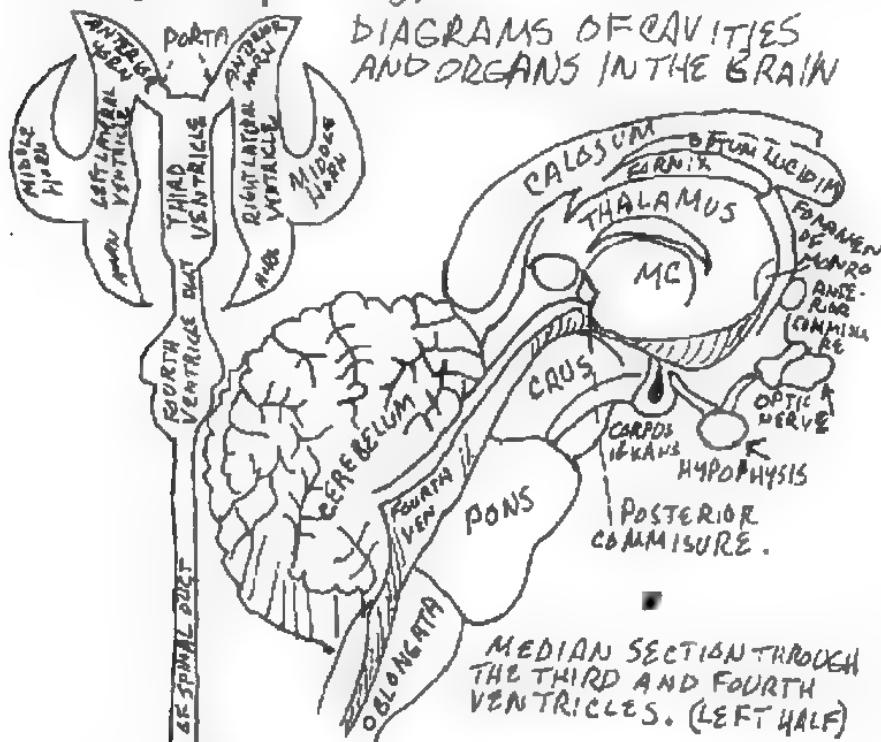


DIAGRAM OF ENTIRE CAVITY OF CEREBRO-SPINAL AXIS

THERE ARE TWO EXERCISES BEST DESCRIBED YAWNING WHICH CAN BE USED FOR REDISTRIBUTING OF THE SPINAL FLUID AND THEREBY ESTABLISHING FRESH CONNECTION OF SUPPLY OF LIFE ENERGY TO THE NERVOUS CENTERS WITHIN THE HUMAN BODY. THOSE TWO EXERCISES AS WELL AS YAWNING SHOULD AND CAN BE

USED WHEN THE CIRCUMSTANCES CALL FOR IT,

I (FIRST EXERCISE.) TENSE YOUR JAW MUSCLES WITHOUT CLENCHING THE TEETH, (TENSING THE MUSCLES ON THE SIDES OF THE JAW AS IF CHEWING BUT WITHOUT CLAMPING THE TEETH) TENSE AND RELAX THE MUSCLES, SLIGHTLY MOVING THE LOWER JAW FORWARD AND BACKWARD. WHEN DOING IT YOU WILL HEAR THE RING OF DELICATE SILVER CHAINS IN YOUR EARS. THE SOUND PROVES THAT THE EXERCISE IS DONE CORRECTLY.

REPEAT DOING IT FOR A TWELVE TIMES OR MORE, ACCORDING TO NEED.

THEN OPEN YOUR MOUTH AS WIDE AS POSSIBLE, USING THE JAW MUSCLES TO THE UT MOST. CLOSE THE EYES, PRESSING THE EYELIDS STRONGLY TOGETHER. YOU WILL HEAR THEN THE RUMBLING SOUND IN YOUR EARS, AND TEARS WILL SHOW IN YOUR EYES. THOSE ARE THE SIGNS THAT THE EXERCISE IS DONE CORRECTLY. DO IT TWELVE TIMES OR MORE.

NOW COMBINE THE FIRST PART OF EXERCISE WITH THE SECOND, -TENSING THE JAW MUSCLES AS IF FO CHEWING, AT THE SAME TIME OPENING THE MOUTH WIDE, AND CLOSING THE EYES STRONGLY SHUT. WHILE DOING THIS WHEN OPENING THE MOUTH, INHALE THROUGH IT HEARTILY UNTIL YOU GET FEELING OF SATISFACTION AND FULFILMENT IN THE SOLAR PLEXUS.

DO IT TWELVE OR MORE TIMES.

IT IS RELAXING THE ENTIRE NERVOUS SYSTEM, AND AT THE SAME TIME GIVING,

IT THE POSSIBILITY, TO BE ABLE IF NECESSA-
RY TO TENSE AGAIN ACCORDING TO THE NEW
PATTERN FOR THOUGHT.

WORK AT THIS EXERCISE, STUDY IT IN EVE-
RY WAY, AND YOU WILL DISCOVER THE ONE
MOST IMPORTANT KEY TO ENERGY AND PO-
WER.

NOTE:- YAWNING SENDS OUT TREMENDOUSLY
POWERFUL WAVES ON THE EARTH,
INFLUENCING THE IDENTICAL ORGANS
OF PEOPLE IN PROXIMITY [TELEPA-
THICALLY], AND MAKING THEM YAWN
IN TURN! THAT WHY THE YAWNING IS
SO CATCHING.

BY STUDYING THIS PROCESS YOU WILL
KNOW THAT THE BEST WAY OF SENDING
OUT OF TELEPATHIC MESSAGES IS TO
[BEGIN WITH YAWNING EXER-
CISE, AND AFTER COMPLETELY RELA-
XING, SENDING OUT MESSAGE VIBRA-
TIONS ON THE YAWNING BREATH.

II (SECOND EXERCISE) PUT YOUR HANDS
TOGETHER PALMS UP, FINGERS BENT SO THAT
BACKS OF THEM TOUCH THE TIPS OF THUMBS
PRESSED AGAINST EACH OTHER:



POSTURES FOR THE
SECOND EXERCISE.



NOW WITHOUT SEPARATING THE FINGERS MOVE YOUR HAND OVER YOUR HEAD AND BACKWARD, SO THAT THE ENDS OF YOUR BENT FINGERS WILL REST ON THE SPOT WHERE THE HEAD JOINS THE NECK. PRESS LIGHTLY WITH FINGERS AGAINST THE SPOT BETWEEN THE HEAD AND THE NECK. MOVE THE HEAD DOWNWARDS RESTING YOUR CHIN ON YOUR CHEST, THEN LIFTED AND MOVE IT UPWARDS AND BACKWARDS, WITHOUT REMOVING THE PRESSURE OF FINGERS AND HANDS. AGAIN REPEAT THE MOVEMENT OF THE HEAD TO REST THE CHIN ON THE CHEST, AND CONTINUE DOING IT TWELVE TIMES OR MORE. THIS EXERCISE HAS A GREAT INFLUENCE ON MEDULLA OBLONGATA OR PINEAL GLAND DEVELOPING ITS SIZE AND CAPACITY.

THIS EXERCISE CAN AND SHOULD BE DONE FOR THE DEVELOPMENT ACCORDING TO THE NEED FOR THE EXPANSION OF ENERGIES.

NOTE: DURING THE EXERCISE YOU CAN STAND OR SIT, WITH THE SPINE ERECT AS TO THE POSITION OF THE FINGERS ON THE POINT BETWEEN HEAD AND NECK, THE MIDDLE FINGER SHOULD BE RIGHT ON THE SPOT, OTHERS ACCORDINGLY ON THE SIDES.

DURING THIS EXERCISE OR IMMEDIATELY AFTER YOU CAN FEEL AND HEAR THE HISSING SOUND OF VIBRATION AT THE BASE OF THE SKULL. - THIS IS RESULT OF PERCOLATING OF THE SPINAL FLUID, TO AND FROM THE FOURTH VENTRICLE.

NOW COMES THE EXERCISE, WHICH HAS A TREMENDOUS IMPORT IN THE DEVELOPMENT, AND WHICH IS HARD TO EXPLAIN, WITHOUT PRACTISING AND UNDERSTANDING THE

ABOVE DESCRIBED EXERCISES, IT IS THE □
PRINCIPLE WHICH ENTITLES ONE TO BE ONE OF
THE ORDER OF THE SERPENT.

SIT DOWN OR STAND UP, SPINE STRAIGHT, BODY
ERECT HEAD UP CHIN IN.

TAKE INHALATION, AND LOCK THE PASSAGE OF THE
AIR IN THE THROAT, (USING LARYNX), THEN TENSE
INSIDE OF YOU, (DIAPHRAGM), AS IF YOU WOULD
WANT TO HAVE A STOOL. NOW RISE THE
TENSION FROM THE LOWER BOWEL UP,
—RELAXING LOWER BOWEL, TENSING
STOMACH, —RELAXING STOMACH, TENSING
AROUND INSIDE OF THE THROAT.—

CONCENTRATE ON THE FEELING OF PRES-
SURE IN THE BACK OF THE HEAD. IN FACT
CONCENTRATE ON THIS FEELING FROM
THE BEGINNING OF THE EXERCISE..

THE MOMENT YOU NEED THE AIR EXHALE AND
INHAL FREELY AND EASILY, YOU WILL NOTICE
THAT THE TENSION IN YOUR HEAD BEGINNING
AT THE BASE OF THE SKULL CAN BE KEPT
EVEN WHEN YOU ARE BREATHING. STUDY
THIS PROCESS, SO THAT YOU CAN TENSE
YOUR MEDULLA AT WILL, AND ALSO RE-
LAX IT BY WILL. NOTICE THAT DURING THE
TENSING MUSCLE BETWEEN THE BASE
OF THE SKULL AND THE NECK TENSES
ALSO, PUT YOUR FINGER TIPSON IT AND
STUDY THE DIFFERENT DEGREES OF
TENSION IN THIS MUSCLE ON THE BACK OF
YOUR NECK. YOU WILL FIND OUT THAT
YOU CAN RELAX THIS MUSCLE AND STILL
FEEL THE PRESSURE IN THE HEAD.
WHEN YOU ARE RELAXING THE TENSENESS IN
YOUR HEAD, MOVE YOUR HEAD BACKWARDS
AND FORWARDS, SIDEWAYS TO THE RIGHT

AND TO THE LEFT, SHAKE THE FACE TO RIGHT
AND TO LEFT, AND UMLY ROLL YOUR HEAD
ON YOUR SHOULDERS, -THOSE ARE MOTIONS
THAT WILL HELP TO RELAX THE TENTION IN
THE MEDULLA OB LONGATA AND THE HEAD.
USE THIS EXERCISE OFTEN AND STUDY THE
FEELING CONNECTED WITH TENSION
AND RELAXATION IN THE HEAD.

FIND OUT THAT YOU CAN TENSE AT THE
BASE OF THE SKULL-(THE BACK OF THE HEAD)
THEN IN THE FRONT OF THE HEAD-BACK OF
THE POINT BETWEEN THE EYEBROWS, THEN
ON THE TOP OF THE HEAD,- ALSO YOU WILL
FIND THAT YOU CAN IN YOUR CONSCIOUSNESS
SEPARATE THOSE AREAS AND KEEP THEM
TENSE-ONE AT THE TIME. PRACTICE THE
TENSING OF THE RIGHT SIDE AND THE LEFT
WITHIN YOUR HEAD. DO THIS PRACTICE
DILIGENTLY, SLOWLY AND PERSISTENTLY.
KEEP YOUR CONSCIOUSNESS AT ALL THE
TIMES ALERT FOR THE PHENOMENA
GOING ON INSIDE YOUR HEAD AND THE
BRAIN.

NOTE. THE TENSENESS IS RECOGNIZED
BY FEELING OF PRESSURE WITHIN.
ALWAYS AFTER EXERCISING RELAX IN-
SIDE OF YOUR HEAD COMPLETELY, BY
MOVING YOUR HEAD ON THE NECK.



AREAS OF TENSION
PRESSURE FELT INSIDE
OF THE HEAD.
LEARN TO KNOW THOSE
POINTS WITHIN YOURSELF
THE ARE THE KEYS AND
THE LOCKS TO KNOWLEDGE
OF YOURSELF.

THIS EXERCISE DEVELOPES THE PINEAL GLAND

(MEDULLA OBLONGATA) AND GIVES YOU STRAIGHT PATH IN SELFREALISATION AND MASTERY. IT HAS TO BE EXPLAINED HERE THAT THE THOUGHT IS FORMED (ELECTRICALLY) IN MAGNETICALLY TENSED FORMATION IN THE BRAIN, WHICH MAGNETICAL TENSION CAN BE RELAXED OR TENSED THRU THE WORK OF MEDULLA OBLONGATA:-

THE SOUL AS A ETERNAL I, I AM, - WITH THE ATTRIBUTES - I THINK, I FEEL I WILL IS REVOLVING BETWEEN THE THREE POINTS IN THE HEAD, BEING ALWAYS IN THE PRESENT, BUT TRANSMUTING THE FUTURE INTO THE PAST. TIME FOR THE SOUL IS NONEXISTENT.

CAUTION. IF DURING THE EXERCISE YOU FIND THAT YOUR HEAD BEGINS TO VIBRATE SIDEWAYS, - (SHAKING MOTION) IT MEANS THAT THE ENERGY IS PEAKED UP TO THE POINT OF OVERFLOWING, AND IS GETTING OF ON THE ETHER, THEN YOU MUST STOP THE EXERCISE AND RELAX.

[] THE ABOVE COMPRISES [] THE EXERCISES WHICH CAN AND SHOULD BE DONE, TO DEVELOPE CENTERS IN THE HEAD, ESPECIALLY THE MEDULLA OBLONGATA OR SO CALLED OTHERWISE PINNAL GLAND. IT IS CONSTITUTING THE L. ARCANE XIII.

[], IN VERY IMPORTANT AND RARE CASES, WHEN LIFE IS AT STAKE, AND THE ENERGY WITHIN THE SPINAL FLUID IS LOW, ON ACCOUNT OF DEFICIENCY OF YOUTHFULNESS IN THE SAME AND ALSO NOT SUFFICIENT AMOUNT OF IT, A OPERATION CAN BE PERFORMED FOR REPLENISHING

THE LACK AND QUALITY, OF SPINAL FLUID.
YOU MUST HAVE FOR THIS THE ASSISTANCE OF
A TRUSTWORTHY INITIATED PUPIL OR DASHTRU
A YOUNG, HEALTHY PERSON OF THE SAME BLOOD
LIKE YOU SHOULD BE CHOSEN; AND BE LOVINGLY
WILLING TO HELP YOU WITH ITS OWN LIVING
SPINAL FLUID. THE PUNCTURE WITH A SYRINGE
EQUIPPED WITH A HOLLOW NEEDLE SHOULD BE
DONE, DRAWING THE SPINAL FLUID FROM
BETWEEN THE VERTEBRAS OF THE SPINAL
COLUMN. AMOUNT TAKEN FROM YOU SHOULD
BE LITTLE, ONLY TO ESTABLISH THE CONTACT
BETWEEN YOUR SPINAL CANAL. AMOUNT
TAKEN FROM OTHER PERSON SHOULD BE
BIGGER ACCORDING TO THE NEEDS AND
THE NECESSITY, PAYING STRICTEST ATTE-
NITION NOT TO INJURE [] IN ANY WAY
THE DONOR.— BOTH SPINAL FLUIDS — YOURS AND
DONORS ARE MIXED TOGETHER AND INJECTED
IN YOU NEAR THE PUNCTURE IN YOUR SPINE.

XIV. ARCANE. DEMAND, COMMAND.

STRIVING TO ATTAIN THE THINGS IN LIFE, REALISE YOUR CORRELATION TO IT, - SIT DOWN AT THE DESK OR TABLE FACING IN THE DIRECTION OF THE SUN. RELAX, AND CONCENTRATE ON THE SELF REALISATION. - I - I AM - PONDER ON THE TRUTH OF YOUR BEING, CONSIDER THE ATTRIBUTES OF YOUR EGO - I THINK, I FEEL, I-WILL. FEEL YOURSELF BEING CONSCIOUS OF YOURSELF, WITHIN THE CENTER OF YOUR BRAIN RECEIVING THE IMPRESSIONS AND TRANSMUTING THEM INTO THE EXPRESSIONS. HAVE A CLEAR CONCEPTION AND UNDERSTANDING OF THE WORDS - "I CAN" - "I WANT" - "I MUST" - "I WILL". CONCENTRATE ON THE OBJECT OF YOUR DESIRE, IMAGINE IT CLEARLY AND PLAINLY. - FEEL YOUR DESIRE IN YOUR SOLAR PLEXUS. - WHEN THE REALISATION OF THE INEVITABILITY OF YOUR DESIRE WILL DAWN UPON YOU - INVOKE THE PASSWORD WHICH IS DETERMINATION.

INHALE DEEPLY AND HOLD YOUR BREATH LOCKING IT WITH PHARYNX. LIFT YOUR RIGHT HAND CLOSING THE FIST. (THE THUMB COVERING THE OTHER FINGERS). TENSE THE FIST AND THE ARM.

NOW SUDDENLY AND WITH POWER BRING THE ARM AND THE CLOSED TENSE FIST DOWN ON THE DESK OR TABLE, AT THE MOMENT OF STRIKING RELAXING THE FIST AND RELEASING THE AIR FROM THE LUNGS. USE WITH EXHALATION THE WORDS - "I DEMAND" OR "I COMMAND" STATING THE WISH. - WHEN THE FIST IS BROUGHT DOWN, LET IT BOUNCE FROM THE DESK OR THE TABLE, IN SEMICIRCULAR MOTION TOWARD

YOURSELF, AND FINISH WITH SHORT SHARP SEMICIRCLE ALSO TOWARD YOURSELF,
YOU STRIKE WITH SIDE OF THE FIST OF THE
LITTLE FINGER.

REPEAT THIS EXERCISE FOR SOME TIME
ACCORDING TO THE IMPORTANCE OF YOUR
WISH.

POUNDING ON THE FLAT SURFACE DESK, TABLE
ETC., WITH THE FIST, TOGETHER WITH HOLDING
OF THE BREATH UNTIL THE STROKE IS
POUND, SHAKES THE SOLAR PLEXUS, TRAN-
SMUTING THE IMAGE OF THE DESIRE INTO
THE HEAD, WHERE IT IS WILLIFIED, AND
IN THE FORM OF POWERFUL INVOCATION (COMMAND), SENDT OUT AS RIPPLES
ON THE ETHEA.

NOTE: WHEN POUNDING BEND SLIGHTLY
FORWAR JUMPING SLIGHTLY IN RESPONSE
TO STRIKING, IN YOUR SOLAR PLEXUS,
HAUNCHES AND HEAD.

THIS ENDS THE XIV ARCANE, FOR DEMAND
AND COMMAND.
IT IS NOT NECESSARY OF EVER USING THIS AR-
CANE IN FRONT OF OTHERS. YOU SHOULD DO
IT ALONE.

BUT WHEN NECESSITY ARISES TO USE IT ON
HUMAN BEING DIRECTLY, DO IT IN A DI-
FFERENT FORM. REMEMBERING THE
INSIDE WORK OF THIS ARCANE, DO IT ONLY
MENTALLY, AS A SUBSTITUTE FOR POUNDING
USING UNNOTICEABLE PRESSURE FOR EM-
PHASIS. THERE ARE THREE WAYS OF DOING IT.
FIRST HOLD WITH YOUR RIGHT HAND, THE WRIST
OF THE LEFT, UPPER PART OF THE RIGHT HAND
EXPOSED, THE PALM COVERING THE UPPER
PART OF LEFTHAND, AND FINGERS OF THE
RIGHT HAND GRASPING THE LEFT WRIST.

SECOND: INSTEAD OF CLASPING THE LEFT WAIST, CLASP THE OUTER SIDE OF LEFT HAND, SO THAT THE THUMB OF THE RIGHT HAND WILL PRESS ON THE LEFT WRIST, (OUTSIDE), AND THE REST OF THE FINGERS OF THE RIGHT HAND WILL PRESS IN THE HOLLOW OF THE LEFT PALM.

THIRD: BEND THE FINGERS OF THE RIGHT AND LEFT HANDS TOGETHER AND HOOK THE BOTH HANDS SO THAT THE BENT FINGERS OF THE RIGHT AND LEFT HAND WILL PRESS AND TOUCH ON THEIR INSIDE, WHILE THE THUMBS WILL BE ON THE OUTSIDE TOUCHING THE KNUCKLES OF THE FINGERS FROM THE OUTSIDE. —



FIRST POSITION



SECOND POSITION



THIRD POSITION

THE COMMAND OR DEMAND SHOULD BE SPOKE IN A QUIET VOICE, CHARGING IT WITH POWER, AND PUTTING STRESS ON WORDS EXACTLY CONVEYING THE WISH. DURING COMMANDING RIGHT HAND SHOULD BE IMPERCEPTIBLY TIGHTENED UPON THE LEFT. IN THE THIRD POSITION REMEMBER MEANING OF THE FINGERS

I.E. THUMB - THE WILL; INDEX - DESTINY - COMMAND; MIDDLE FINGER - TEACHER - CONNECTION; FOURTH FINGER - HUMANE FEELINGS - SYMPATHY - ALTRUISM; LITTLE FINGER - SEX - CARNAL DESIRE. ACCORDING TO FEELINGS YOU WANT TO AWAKE AND COMMAND, PRESS THUMBS ON KNUCKLES OF THE FINGERS HAVING DESIRED ATTRIBUTES.



XV L. ARCAE. ESTABLISHING A MENTAL CONNECTION WITH THE PERSON PRESENT OR ABSENT AT ANY GIVEN TIME. THE BREATH, IN ITS DEPT AND ITS RHYTM SHOWS THE VIBRATION IN WHICH THE PERSON IS AT A GIVEN TIME.

WHEN YOU WANT TO TUNE IN ON THE VIBRATION OF THE PERSON FOR MAKING A INNER CONTACT, WATCH FALLING AND RISING OF THE CHEST OF THE PERSON YOU ARE CONTACTING, AND ACCORDINGLY START BREATHING IN UNISON. THIS WILL PUT YOU IN CONTACT WITH THE PERSON, AND YOU CAN THEN UNDERSTAND AND INFLUENCE ACCORDING TO YOUR WILL.

YOU WILL FIND THAT ONCE TUNED IN YOU CAN BY CONSCIOUS MODIFICATION OF YOUR BREATH, CHANGE THE BREATH OF THE OTHER PERSON IN THIS WAY CREATING THE STATES DESIRED. DO IT WITHOUT HAVING OTHERS NOTICE THE EXERCISE. REMEMBER THAT THE HIGHEST RHYTM IS MASTER RHYTM - INHALATION SEVEN SECONDS, PAUSE ONE SECOND, EXHALATION SEVEN SECONDS PAUSE ONE SECOND. BY THIS BREATH YOU TUNE YOURSELF AND OTHERS ON THE MASTER

THOUGHT, AND RHYTHM OF THE GEOPIC ENTITY.
HAVING MANY PEOPLE AROUND IF YOU WANT
MAKE THE VIBRATE TOGETHER TUNE THEM
BY IN UNISON SINGING OF "AUM" -
FOR A PERIOD OF FIVE TO FIFTEEN MINUTES,
YOU CAN TUNE THEM ON MASTER RHYTHM
BY HAVING THEM SING - YAT-HA-AH-
HU-VAI-RU-O, WHEN EXHALING,
AND INHALE FOR SEVEN SECONDS.
USE YOUR SINGING MANTRAS ACCORDING
TO THE RESULTS YOU WANT TO CREATE.
SLOWING THE VIBRATIONS CALMS, RE-
LAXES, BRINGS IN SERENITY - IT IS DONE
BY USING LONG SONOROUS MANTRAMS.
QUICKENING THE VIBRATIONS TENSES, HARDENS
THE BRAIN, BRINGS IN HYSTERICAL STATE
OFTEN ENDING IN FANATICAL UPHEAVALS,
IT INFLUENCES PSYCHIC AND SEX.
MOST OF THE PEOPLE ARE MORE PRONE
TO QUICKER VIBRATIONS, AND IT IS MUCH
EASIER TO ACHIEVE. EXHAUSTION FOLLOWING
THOSE STATES ONLY THEN BRINGS
RELAXATION AS A REACTION.-
IN SLOW VIBRATION SWAYING MAYBE USED,
IN FAST VIBRATION CLAPPING OF HAND AND
STAMPING OF FEET.
USE SIMPLE TUNES, AND RHYTHMS.
NOTE: THE PEOPLE THAT LOVE EACH OTHER,
TUNE IN ON EACH OTHER VIBRATION BY KISSING,
CORRECT KISS IS DONE HOLDING THE BREATH
SO THAT, AFTER PERFORMING IT THEY
START BREATHING IN UNION 
HELP IN TUNING IN BY HOLDING HANDS.-
ESTABLISHING A MENTAL CONNECTION
AT A DISTANCE YOU MUST PICK OUT THE
TIME WHEN THE PERSON WITH WHICH YOU
WANT TO CONNECT IS IN THE RELAXED

STATE, IT IS THE BEST IN THE NIGHT TIME WHEN THE PERSON IS ASLEEP. YOU TUNE IN BY CONSCIOUSLY PUTTING YOURSELF IN RELAXED CONDITION, AND BREATHING QUIETLY AS IF ASLEEP, MENTALLY CONCENTRATING ON THE PERSON. (FOR ESTABLISHING BETTER CONTACT YOU CAN USE, SOMETHING BELONGING TO THE PERSON AND HAVING THE IMPRINT OF PERSON VIBRATIONS (RECORD LEFT BY THE EMANATIONS OF THE ENTITY ON THE OBJECTS)) ALSO A FIGURE REPRESENTING PERSON CAN BE MADE - BEING DONE WITH CONSTRAINED THOUGHT AND FEELING OF IT BEING TRUE REPRESENTATION OF THE PERSON, AND AFTER BEING FINISHED ADORNED WITH THINGS BELONGING TO THE PERSON.

HOLDING THINGS OF THIS TYPE YOU ESTABLISH CONNECTION QUICKLY BY FOLLOWING THE THREAD-(INVISIBLE TIE) THAT BINDS THE PERSON TO THE OBJECT. TREAT THE OBJECT AS THE PERSON, WHICH GETS TO BE SO.

WHEN YOU WILL TUNE IN YOU WILL KNOW FOR THE REPRESENTATION OF THE PERSON WILL SPARKLE WITH THE LIFE OF ITS OWN - WILL BECOME THIS PERSON.

TUNE IN DELICATELY MODULATING THE RHYTHM OF YOUR BREATH, AND AFTER TUNING IN, TAKE LEAD IN ESTABLISHING YOUR TREND OF RHYTHM DESIRED. (FACE DIRECTION OF THE SUN) DO IT ONLY ACCORDING TO THE HIGHEST SPIRIT, CONSCIOUS, AND UNDERSTANDING THAT YOU ARE ACTING IN ACCORDANCE WITH THE HIGHEST WILL. THIS EXERCISE IS NOT TO BE PLAYED WITH, AND NOT FOR CURIOSITY SAKE, DO IT TO HELP.



XVI LARCANE, BIRTH CONTROL AND CONTROL OF THE SEX OF THE CHILD TO BE BORN, CONCEPTION AND PREDESTINATION.

INTERCOURSE BETWEEN THE TWO SEXES IS THE CREATIVE ACT OF UTMAST IMPORTANCE. IT IS THE CREATION, AND ACCORDING TO THE LAWS OF NATURE IT IS KEY TO IMMORTALITY AND A ELEMENT LINK IN THE EQUATION STARTED BY THE ANCIENT ONES. BOUND CONVEYS THE SPARK WITH WHICH THE SOUL TO BE INCARNATED BLEND~~S~~ AND IS ABLE TO ESTABLISH ITSELF IN THE FLESH.

WHEN THE MAN IS SPENNING HE WILL EMIT A SOUND MOST OF THE TIMES DOUBLE, FIRST DEEP INTAKE OF THE BREATH WITH A GASPOUR HISSING, HOLDING THE BREATH AT THE MOMENT OF SPENDING, AND AT THE END OF IT EXHALING WITH A SIGH OR A MOAN. FINAL SOUND OF EXHALATION IS "OM". - CONVEYS THE SPARK OF LIFE FROM MAN INTO THE WOMAN, PREPARING THE ACT OF CONCEIVING, FERTILISATION OF THE OVUM BY SPERMATOZOA. - WITHOUT THIS SOUND THE CONCEIVING WONT TAKE PLACE.

THE PREDESTINATION OF THE SEX OF CHILD TO BE CONCEIVED DEPENDS ON THE STATE IN WHICH PARENT ARE AT THE TIME OF COPULATION.

IF BEFORE THE INTERCOURSE THE MAN AND WOMAN WILL PET AND CARESS EACH OTHER LAYING ALONGSIDE, THE SEX OF CHILD FROM THIS UNION WILL DEPEND ON THE BREATH IN WHICH THEY ARE AT THE TIME OF COPULATION. - SUN OR MOON.

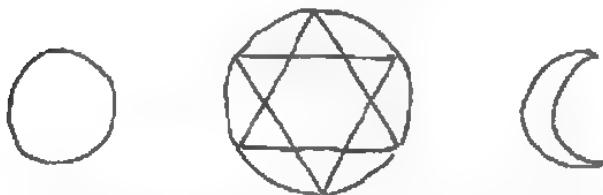
WHEN THE MAN IS LAYING ON HIS LEFT SIDE FACING THE WOMAN WHO IS LAYING ON HER RIGHT SIDE HE WILL BE IN THE SUN BREATH, BREATH FLOWING STRONGER IN HIS RIGHT NOSTRIL AND SHE WILL BE IN THE MOON BREATH, BREATH FLOWING IN HER LEFT NOSTRIL. - CHILD OF THIS UNION WILL BE MALE.

WHEN THE MAN IS LAYING ON HIS RIGHT SIDE FACING THE WOMAN LAYING ON HER

LEFT SIDE, HE WILL BE IN THE MOON BREATH,
BREATH FLOWING IN HIS LEFT NOSTRIL, AND
THE WOMAN WILL BE IN THE SUN BREATH,
FLOWING THRU HER RIGHT NOSTRIL.—

—CHILD OF THIS UNION WILL BE FEMALE
ACCORDING TO OTHER COMBINATIONS THAT
MAY BE CREATED — IF MAN IS IN SUN BREATH
AND SO IS THE WOMAN, OR REVERSE, THE
MALE CHILD WILL BE EFFEMINATE, OR
FEMALE CHILD WILL BE MASCULINE.

THIS ABOVE ENDS THE XVI ARCANE OF
CONTROL AND PREDESTINATION OF THE
SEX OF THE OFFSPRING FROM THE SEXUAL
UNION OF MAN AND WOMAN.



ILLUMINATION. (CONCLUSION)

YOU ARE THE MATHEMATICAL AND GEO-
METRICAL CENTER OF ALL THE UNIVERSE,
WHERE THE CENTRE IS YOU, AND RADIUS
GOES INTO THE INFINITY. INSTEAD OF GO-
ING AFTER THINGS COMMAND THEM
TO COME TO YOU. YOU ARE THE LORD IN
YOUR UNIVERSE WHICH IS THE UNIVERSE.
DESIRE, WISH AND WILL, ORDER, DEMAND
COMMAND.

THIS IS THE RIDDLE OF GOD — BEING, EXISTENCE
EVERYPLACE, EVERYWHERE AT THE SAME
TIME.

THE MOMENT YOU REALIZE AND BECOME
FULLY CONSCIOUS THAT YOU ARE THE CENTRE
OF THE UNIVERSE, YOU ARE THAT CENTRE.

CENTRE OF CENTRES MANIFESTS IN YOU, OR
YOU MANIFEST IN IT. YOU ARE ENDOUED
WITH THE GREATEST POWERS AND YOUR
POTENTIALITIES ARE INFINITE.

YOU ARE CONNECTED WITH EVERYTHING
THROUGH THE FINEST MESH OF ATTRA-
CTIONS AND REPULSIONS, AND ARE LIKE
SPIDER IN THE CENTRE OF THE WEBB
FEELING AND RECEIVING THE IMPRESSIONS
FROM EVERYTHING EVERYWHERE AND
ADJUSTING THE EQUILIBRIUM OF FORCES.

WORK, BE CONSCIOUS, DEVELOP AND
STRENGTHEN THE REALISATION —

— "I AM THE CENTRE OF THE UNI-
VERSE" — THIS IS ONENESS. THIS IS
REALISATION.

AUTHORITY, POWER, CONFIDENCE, SPRING
OUT OF THIS KNOWLEDGE, — THE REALISA-
TION OF WHICH IS THE TRUTH.

WISDOM IS KNOWING THE TRUTH CON-
SCIUSLY.

ALWAYS BE CONSCIOUS OF THE FACT
THAT YOU ARE THE CENTRE OF THE
UNIVERSE. "I, I AM" IS THE MAJESTY
OF DIGNITY. THE ANSWER TO THE RIDDLE
OF THE SIMPLICITY IN COMPLEXITIES.

SELF REALISATION. ANSWER TO THE
GREAT DOGMA — "KNOW THYSELF";
ANSWER TO ENIGMA — "GOD IS IMMOR-
TAL MAN — MAN IS MORTAL GOD".

YOU DO NOT MOVE, WHEN YOU WALK OR
RIDE, THE SOULDINGS MOVE ACCORDING
TO THE LAWS OF THE EQUILIBRIUM,
ADJUSTING THEMSELVES IN PROPOR-
TIONS OF ETERNAL POSITIVES AND

NEGATIVES, THE NAME FOR WHICH IS MOTION. YOU BECOME MANIFEST IN PLACES, FACING TASKS OF ADJUSTMENT, THRU TRANSMUTATION OF IMPRESSION INTO THE EXPRESSION.

THIS IS MAGICK. THIS IS THE MIRACLE.
I AM THAT I AM.

AWAKEN, OPEN YOUR EYES, ARISE, BECOME CONSCIOUS - REALISE - "I AM" / "I AM" INTERPOSING, MEASURING THE COSMIC CONSCIOUSNESS WITH SELF CONSCIOUSNESS, THE MICROCOSMOS PUTTING ON THE ROBE OF THE MACROCOSMOS, THE MYSTERY OF THE GREAT IN THE SMALL AND THE SMALL IN THE GREAT.

MY NAME IS I, MY NAME IS MANY, I AM ALL AND I AM PART OF ALL.

WHEN FEELING OF "I" GROWS IN ONE IT IS SELF CENTERING - GROWTH AND DEVELOPMENT OF EGO. AT CERTAIN POINT OCCURS SATURATION FOR GIVEN PERSONALITY, BUT ACCORDING TO THE LAW - THE LIKE ATTRACTS A LIKE, THE GROWTH OF "I" ONCE STARTED WILL AUGMENT TO UNUNDERSTANDABLE SIZE. AFTER REACHING THE SATURATION POINT WITHIN THE BODY, OVERFLOW OF EGO BEGINS TO EXTERNA-LISE, OCCUPYING IN A VIBRATORY WAY THE PLACE MUCH LARGER THEN THE BODY - IT REACHES OUT DISTENDING ACRA, AND CREATES WHAT THE INITIATES BEHOLD AND UNINITIATES FEEL AS PERSONALITY. EGO OF THIS DYNAMIC TYPE MERGES OTHER SMALLER EGOS WITHIN ITS

SCOPE OF ATTRACTION AND THIS WAY EXPANDS STILL FARTHER. THIS IS THE EGO OF LEADERS AND EXECUTIVES, AND VOLITIONARY VIBRATION OF ITS POWER IS FELT BY THE MULTITUDES, TUNED TO IT BY FORCE OR BY SYMPATHY.

ORIGINALLY THE "I" THE EGO IS SMALL WITHIN THE BODY A iota, A SPARK, WHICH IS DWELLING WITHIN, GETTING STRONGER THROUGH THE EXERCISES OF RECEIVING THE IMPRESSIONS AND WRESTLING WITH THEM TO TRANSMUTE THEM INTO THE EXPRESSIONS, PURIFYING THE CHANNELS THAT CONVEY THE FLOOD OF MESSAGES, AND OPENING THE WAYS THAT ANSWERS THEM WITH A MESSAGE "I AM HERE I AM THE PART OF ALL, I TAKE MY SHARE IN THE CREATION".

UNTIL THE CHANNELS ARE ABSOLUTELY OPEN AND PURE THIS SPARK OF FRE-MAINS WITHIN, AND THE BODY, EXTERNAL PART OF IT IS THE OUTSIDE, WHILE THE OUTSIDE FROM THE BODY IS FAR AWAY. - THIS IS THE FIRST STAGE IN THE DEVELOPMENT OF EGO.

SECOND STAGE IS SATURATION, THROUGH EXERCISING AND DEVELOPMENT EGO THE I, GROWS AND REACHES THE BOUND PRESCRIBED BY THE LIMITS OF THE FLESH. THE EGO IS AT ONE WITH THE BODY, A PERFECT FIT, IT IS UNITY, THESE EGO GROWN TO THE SIZE OF ITS CONTAINER,

THE EGO FILLING THE VESSEL - "EAT OF THE
BREAD IT IS FLESH OF MINE, DRINK OF THE
VINE IT IS BLOOD OF MINE."
A STAGE OF THE SAINT.

EXPANSION OF THE I, THE EGO OVERLAPS THE
BOUNDS OF THE FLESH, EGO BECOMES THE
OUTSIDE, WHILE THE BODY BECOMES THE SEED
ON THE INSIDE, THIS IS IMMORTALITY,
THE WAY OF THE GODS. EGO GRASPS
THINGS UNHEARD OF AND UNIMAGINED
BY THE UNINITIATED - IT IS THE STAGE
OF MASTERS AND SAVIOURS, - BENT ON
SOLVING THE KARMA OF NATIONS AND
RACES ON THIS EARTH.

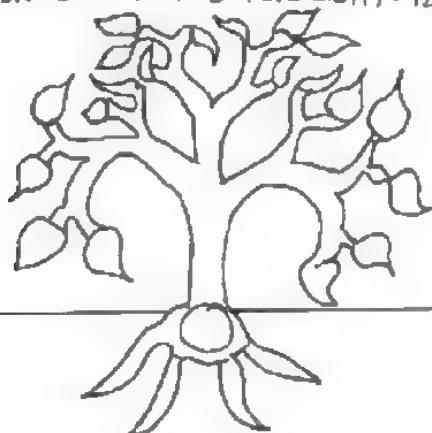
SUCH AN EGO THINKS, FEELS AND ACTS
THROUGH THE OTHER EGOS, THAT ARE
INCORPORATED WITHIN ITS SCOPE OF
INFLUENCE. - IT IS THE MASTER OVER THEM,
CONSCIOUS EVER WATCHFUL RECEIVING -
TRANSMUTING AND EXPRESSING THROUGH
ITS WISDOM OF CAREFUL OBSERVATION
CORRECT INTERPRETATION AND PRACTICAL
APPLICATION.

IT THINKS ON THE OUTSIDE AND SO IT
FEELS AND ACTS. BEING CONNECTED WITH
THE OTHERS THROUGH THE INVISIBLE THREADS
OF THE TIE THAT BINDS IT THINKS ~~AND~~
THEN BLANK IN (ABSTRACT) SPACE,
FEELING THE THINKING NOT WITHIN
THE HEAD BUT ABOVE AT 30° OR 45°
DEGREES. PROCESS OF THINKING
FEELING; WILLING IS DONE IN .

SPACE, WITH PHYSICAL BODY SERVING
ONLY AS A ROOT, A EMBRYO - "I AM
THE VINE, YE ARE THE BRANCHES".
PROCESSES OF THOUGHT, FEELING
AND WILL GO ON FAR AHEAD OF THE
BODY, WITH FULL CONSCIOUSNESS
AND AUTHORITY FOR THE ONE "I: SCA-
TTERED AROUND BUT UNITED BY THE INVIL-
SIBLE TIES OF THE IDEAL RECOGNISED
BY THE OVERSOUL - THIS IS THE WAY OF AR-
HATS, "I AND MY FATHER ARE ONE".

DEVELOPMENT OF CONSCIOUSNESS AND
EGO, MEETING □ HUMAN BEINGS RE-
COGNISES THE STAGES OF THEIR DE-
VELOPMENT AND CALLS THEM:-

NEIGHBORS, FRIENDS AND FAITH
FUL FRIENDS ACCORDING TO THEIR
INNER TRUE SELF, WHICH CAN NOT BE
HIDDEN FROM THE ALL SEEING EYE.
FAITHFUL FRIENDS BURN THE VISIBLE LIGHT TO SHOW THE WAY.



MAGICAL PROJECTION

INVOCATION OF THE HOST OF ANGELS OR POWERS.

CONFIRM THE "I" AND "I AM", STAND IN A CIRCLE WITH A SQUARE INSIDE OR OUTSIDE. SQUARE AND THE CIRCLE ARE OPENING THE WAY ON THE INFINITY.

FACE THE NORTH AT MIDNIGHT (CHARGE YOUR BODY WITH POWERS ACCORDING TO THE 1ST MASTER ARCANE BEFORE STARTING THE PROJECTION).

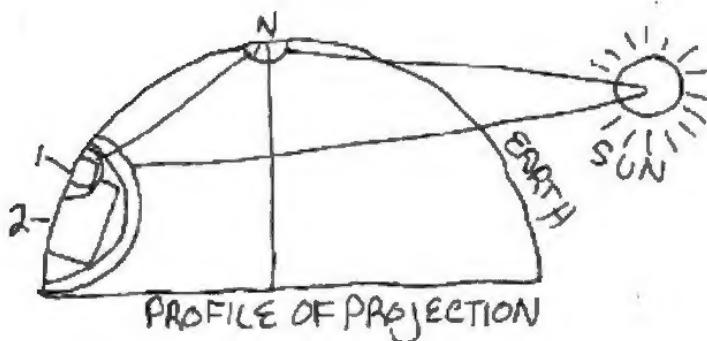
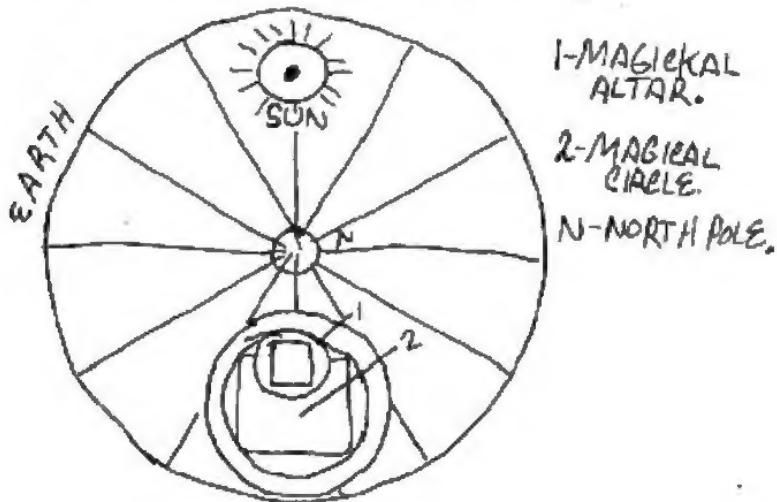
HAVE A ALTAR IN FRONT OF YOU WITH SAME DESIGN AS THE MAGICAL CIRCLE.

ALTAR SHOULD BE BUILT FROM MARBLE, WOOD, OR METALS. DESIGNS ON IT SHOULD BE ENGRAVED, ETCHED, PRINTED OR DRAWN. THE MAGICAL CIRCLE SHOULD BE DRAWN WITH CHALK OR CARBON, HOLDING IT IN THE RIGHT HAND WHILE THE FIST OF THE LEFT IS TIGHTLY CLOSED WITH THE THUMB COVERING AND PRESSING THE INDEX AND MIDDLE FINGERS, (DRAWINGS SHOULD BE MADE FROM LEFT TO RIGHT, FOLLOWING THE MOVEMENT OF THE SUN) AROUND THE CIRCLE SHOULD BE INCUBED NAME OR NAMES AND WORDS OF PROTECTION, ACCORDING TO THE NATURE OF THE RITUAL, BUT THE INCUBING SHOULD BE DONE WITH THOUGHT, FEELING AND WILLING, PUTTING THE INTENTION INTO THE WRITING OF WORDS,

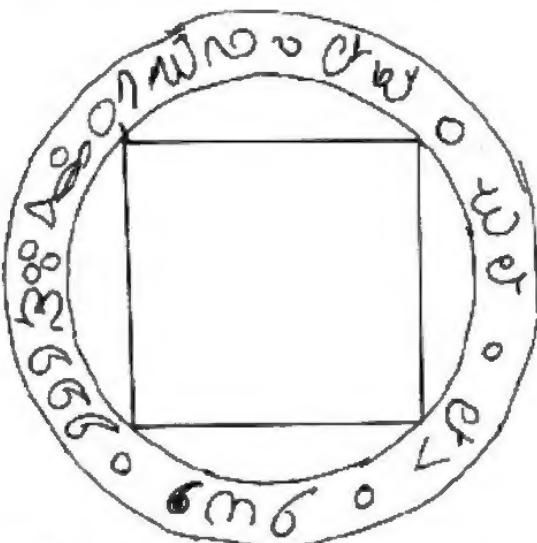
"YAT-HA-AH-HU-VAI-RIO" & "WWC". "WWC" & "WWC" IS MASTER PROTECTION, "THE WILL OF THE LORD IS THE LAW OF RIGHTEOUSNESS." OR "YAT-HA-AH-HU-VO". "WWC" & "WWC" THE WILL OF THE LORD IS MIGHT.

REMEMBER THAT THE MAGICAL CIRCLE IS PROTECTION FROM YOUR OWN VOLITIONAL AND INTENTIONAL EMANATIONS, WHICH GROW TO THE EXTENT OF BEING VERY DANGEROUS WHEN THEY TRY TO TAKE POSSESSION OF YOUR BODY AND MIND,

PROJECTION VIEW FROM ABOVE



MAGICAL CIRCLE AND THE ALTAR.



THE MAGICAL WAND IS TO BE MADE FROM WOOD HOLLOWED INSIDE WITH MAGNETISED STEEL WIRE INSERTED SO THAT THE HAND HOLDS PART WITH THE NORTH POLE WHILE THE SOUTH POLE IS AT THE END, WITH A CRYSTAL OF TOURMALINE ATTACHED TO IT. (LENGTH OF MAGICAL WAND, ARM, OR FOREARM.)

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COPPER WIRE THEN IS WOUND AROUND THE WAND IN A RIGHT HANDED SPIRAL TERMINATING IN A COPPER PLATE HELPING TO HOLD THE TOURMALINE.

ALTAR REPRESENTS THE FIELD ON WHICH THE ACTUAL WORK WILL BE DONE IN SCALE.

SENDING THE LOADED WITH FEELINGS AND WILLIFIED THOUGHT IS THE WORK OF MAGICK. IF IT IS DONE CORRECTLY, IT IS HARMONIOUS WITH THE OTHER POWERS, AND WHEN SENT ACCORDING TO THE MAGNETIC POLE AND ELECTRIC SUN, IT WILL ATTRACT THE POWERS OF SAME VIBRATIONS

GROWING IN STRENGTH UNTOLD NUMBER OF TIMES, AND OBEDIENT TO THE CONSCIOUS THOUGHT WHICH CALLED THE POWERS IN HARMONIOUS UNIT. THIS PROCESS IS THE INVOKING OF HEAVENLY HOST.

REMEMBER THE CONSCIOUS WILLIFIED AND FILLED WITH FEELINGS THOUGHT IS THE LEA MUST BE PROTECTED, AND ALSO STRONG ENOUGH TO WITHSTAND AND WITHHOLD APPOSITIVE REBOUND.

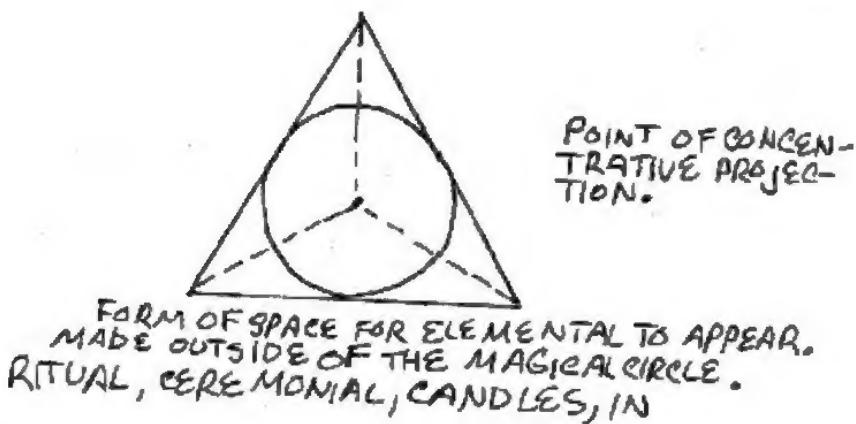
INVOCATION IS CENTERING THE THOUGHT ON ONE POINT, ENDOWING IT WITH FEELINGS AND ARMING IT WITH WILL, THEN THROUGH MAGNETIC, ELECTRIC POWER ADHERENT TO IT, THE THOUGHT BECOMES CRYSTALLOGRAPHIC AXIS, AROUND WHICH THE POWERS CENTER, UPBUILD IT AND MATERIALISE BECOMING MANIFEST.

WORKING ACCORDING TO THE NORTH POLE AND THE SUN, THE THOUGHT BECOMES THE LEVER WORKING OUT THINGS IN SCALE □ IN HARMONY WITH THE SACRED FORMULA - "AS ABOVE - SO BELOW, AS BELOW SO ABOVE".

FOR INVOKING THE ELEMENTAL, AWAKEN THE SPIRIT ESSENCE OF IT IN YOU, AND PROJECT IT IN THE SPACE OUTLINED FOR IT OUTSIDE THE MAGICAL CIRCLE.

THE WISH, DESIRE AND WILL OF HIE-BOPHANT IS THE AXIS AROUND WHICH THRU THE ATTRACTION OF THE HARMONIOUS POWERS THE IMAGE OF ENTITY OF INVOKED ELEMENTAL OR SPIRIT

IS MANIFESTED. "LIKE ATTRACTS ALIKE"



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